



CHINESE KUNG-FU SERIES 13

23 WUDANG TAIYI WUXING BOXING

(Grappling-Pouncing Techniques)

(in Chinese-English)

by An Tianrong

Hai Feng Publishing Co., Ltd.

武當太乙五行擒撲九宮旋轉十二法

·中英對照·

海峰出版社

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出版說明

《武當太乙五行擒撲二十三式，九宮旋轉十二法》爲愛新覺羅·溥儇所獻，一九八〇、一九八一年的全國武術觀摩交流表演大會上，溥儇先生兩度表演此拳，引起廣泛注意。爲使此一拳術廣爲流傳，不致湮沒，溥儇先生特委托武漢市武術協會副主席安天榮先生，按照其親自演授動作整理成册出版，書名《武當太乙五行拳》作者金子弢（即溥儇）。我社爲向海外讀者介紹我國優秀武術拳種，於一九八五年初在北京《體育文史》主編楊亞山先生的熱情協助下，徵得溥儇先生本人和拳術整理者安天榮先生首肯，允予對原書作進一步的修改，在香港出版海外版。

今天，奉獻在讀者面前的是經過安天榮先生重新按照溥儇先生生前演授的動作套路照片，對全部動作、解說，逐一作了認眞校核，訂正了多處重要錯誤的一本全新著作。爲了有別於以前出版過的一本，爲了紀念三年前不幸病逝的溥儇先生，我們將書名恢復溥儇先生首次表演時所使用的名稱：《武當太乙五行擒撲二十三勢，九宮旋轉十二法》。

一九八八年十月

內容簡介

武當拳術之一，創建於明朝，此拳動作似太極含胸拔背、形意相隨，但又不同於太極自成一格。拳以養氣健身、制敵自衛爲旨，要求心息相依，腰隨胯轉，運行勻慢，動靜自如。練法是兩手環抱，脚走弧線，動如蛇行，勁似作繭。其特點是鬆柔圓活，固守待進，尙意而不尙力，貴化而不貴抗，爲目前整理出的一套較完整的武當派拳術。

全書分三部份: 一、拳術基本動作; 二、九宮旋轉十二法基本功法。這部份內容是新增加的; 三、太乙五行擒撲二十三式動作說明。

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前　言

武當山，位於中國湖北省西北部，漢江南岸，均縣境內。原名太和山，又名參嶺或仙室。中有七十二峯、三十六崖、二十四澗等勝景，及上、下十八盤等險徑。風光秀麗，景色清奇。主峯天柱，亦稱紫霄，海拔一千六百一十二米，雄峙其上之金殿（即金頂），純以銅鑄，馳名中外。天風振蕩，雲海浮沉，極爲壯觀。爲道教名山和武當派拳術發源地。

《武當太乙五行擒撲二十三式》、《九宮旋轉十二法》，係武當派拳術之一。一九八〇年和一九八一年，全國武術觀摩交流表演大會上，愛新覺羅·溥儇老先生，兩度表演此項拳術於太原和瀋陽。引起廣泛注意，深得各方好評。國內報刊，分別撰文介紹。爲了發掘、繼承、研究和普及此項拳術，武漢市武術協會曾邀請愛新覺羅·溥儇老先生來漢講學，親予演授。筆者受溥儇老先生委託，將此書整理成册。除動作解說外，各式名稱，均按溥儇老先生要求撰寫，保持其此拳本來面目。以供廣大武術愛好者研習及精於此道之專家參酌修訂之用。

愛新覺羅·溥儇老先生生於一九二九年秋上武當，居紫霄宮七月有餘。從李合林道長習此拳。李稱此拳係明弘治（孝宗朱佑樘）年間（一四八八—一五〇四），由本宮龍門第八代宗師張守性，根據武當丹士張三丰《太極十三式》，並上溯漢末名醫華陀《五禽戲》，及道門流派中吐納、導引、技擊等，融煉而成。愛新覺羅·溥儇老先生研習此技五十餘年，從未間斷。不幸因突發性心肌梗死於一九八五年十一月三十日晨2時去逝。享年八十有二。現將此拳整理問世，以表對溥儇先生的悼念。

此拳以養氣健身、制敵自衛爲旨歸。尚意不尚力，貴化不貴抗。要求心息相依，腰隨胯轉，運行匀緩，動靜自如。兩手環抱，脚走弧綫，動如蛇之行，勁似蠶作繭、辨位於尺寸毫厘，制敵於擒撲封閉，水流雲繞，莫測端倪。演練之時，方丈之地即可。

本書在編寫過程中，曾得到楊岳山，張連成等同志大力支持協助，謹此表示感謝。

由於整理者水平有限，未當之處，敬請廣大讀者批評指正。

武漢市武術協會副主席
江漢大學武術教研室主任 安天榮

一九八六年十月十五日於武漢。

Introduction

Wudang Mountain lies on the south bank of the Hanjiang River, in Junxian County, northwestern Hubei Province. The Mountain originally called Taihe Mountain, and also Ginseng Mountain or Immortal Mountain, has 72 peaks, 36 cliffs, 24 valleys, 18 upper-bend and 18 lower-bend narrow paths, and other scenic spots. The mountain is picturesque and full of unique natural beauty. The main peak Tianzhu, also called Zixiao Palace, is 1613 meters above sea level. There is a famous bronze hall on its top, reverbrated with high-altitude winds, and surrounded by a sea of clouds. A magnificent scence. The mountain, famous for Taoism, is the birthplace of Wudang Wushu School.

23 Wudang Taiyi Wuxing Grappling-Pouncing Techniques and *12 Jiugong Rotating Methods* are a component part of Wudang Wushu School. In the Chinese national wushu contests and exhibitions held in Taiyuan and shengyang in 1980 and 1981, Master Aisin Gioro Pu Xuan twice demonstrated this pugilism, arousing much attention and winning favorable comments. The press also gave some publicity to it. Wuhan Wushu Association invited Mr Aisin Gioro Pu Xuan to give lectures and demonstration. Entrusted by Mr Pu Xuan, I wrote this book. Except for movement explanations, the names of all forms were written in line with requirements so as to maintain the original characteristics of the pugilism. This book is for wushu fans to exercise by themselves and for experts' reference.

Master Aisin Gioro Pu Xuan ascended Wudang Mountain in the autumn of 1929 and lived in Zixiao Palace for over seven months. He learned this pugilism under the guidance of Taoist Chief Li Helin. Li said this wushu branch was formed by the eighth-generation Master Zhang Shouxing of Zixiao Palace in the years between 1488 and 1504 during the reign of the Ming Emperor Hongzhi. Zhang Shouxing created it by incorporating 13 Taiji forms of Wudang Alchemist Chang Sanfeng, five-aminal exercises of Hua Tuo, a famous doctor of the late Han Dynasty (25-220), and other parrying techniques of Taoist wushu schools. Master Aisin Gioro persisted in practising it for more than 50 years. Unfortunately attacked by a sudden stroke of myocardial infarction, he died on November 30, 1985, at the age of 82. Now I offer this book to reader in memory of Mr. Pu Xuan.

This boxing is for cultivating qi and toughening health and for self-

denfence. It emphasizes on mind instead of strength, good at fending off attacking force, but not for confrontation. It requires mutual supplement of mind and breath and harmony of movements and pauses. Its movements are slow and smooth, in which waist rotates according to hips. Two hands form a ball-holding form, feet move in arcs like moving snakes. The force exerted is like a silkwork making a cocoon. The practitioners can set out their footwork precisely and subdue opponents motionless. Their movements would be upredictable, like running water and flying clouds. A tiny area is enough to practise this boxing art on.

My acknowledgement goes to Mr. Yang Yashan and Mr. Zhang Liancheng of *Sports History Journal* in Beijing, who gave me unreserved help in writing this book.

Because of limited knowledge on the part of the author, the book is open to criticism and suggestions.

An Tianrong
Deputy Chairman of Wuhan Wushu Association
Deputy Chief of Wushu Section, Jianghan Univ. In Wuhan
October 15, 1986

武當太乙五行擒撲二十三式
九宮旋轉十二法

一、基本動作

(一)手型
(二)手法
(三)步型
(四)步法
(五)腿法
(六)身型
(七)身法
(八)眼法

二、九宮旋轉動十二法

(一)預備勢（無極式）
(二)左右穿翻天旋掌
(三)左右掏腰地旋掌
(四)左右抱球旋轉掌
(五)左右追風插指掌
(六)左右旋轉蓮花掌
(七)左右扣腕頂指掌
(八)左右旋轉劈空拳
(九)左右旋轉摟截掌
(十)左右括弧前推掌
(十一)左右括弧歇步掌
(十二)左右盤旋雲手掌

三、武當太乙五行擒撲二十三式

預備勢（無極式）

起　勢

(一)白猿出洞　雙峯拜月

(二)勒馬懸崖　海底頂雲

(三)蛟龍濵濛　雷劈山洪

(四)犀牛望月　轉身托天

(五)青獅抱球　閃耀金庭

(六)豹子含美　仰頭驚林

(七)大鵬展翅　羣獸震驚

(八)花鹿採芝　俯飲清泉

(九)黃蟒吐津　戲引蟾星

(十)鯉魚打挺　波浪滔天

(十一)雄鷹探山　雙擒鳴羣

(十二)仙鶴騰空　飛舞風雲

(十三)金猴竊丹　爐火皆平

(十四)青娥探月　波平浪靜

(十五)黑熊反掌　威震森林

(十六)金蟬得度　醉卧瑤池

(十七)喜鵲登枝　寒立梅蔭

(十八)蒼龍入海　意守心寧

(十九)野馬抖鬃　烈性飛騰

(二十)神猿入洞　性歸心田

(廿一)彩鳳凌空　百鳥齊鳴

(廿二)伏虎靈台　永守黃庭

(廿三)抱元守一　正氣長存

收　勢　動靜結合　反轉乾坤

23 WUDANG TAIYI WUXING GRAPPLING – POUNCING TECHNIQUES 12 JIUGONG ROTATING METHODS

I. Basic Movements

1. Hand Forms
2. Hand Techniques
3. Stances
4. Footwork
5. Leg Techniques
6. Body Forms
7. Body Work
8. Eyework

II. 12 Jiugong Totating Methods

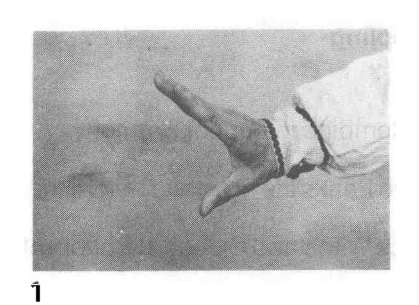
1. Taiji Yin-Yang Fish, Left-Right Style
2. Piercing and Spinning Palm, Left-Right Style
3. Rotating Palms Through Waist, Left-Right Style
4. Ball-Holding Spinning Palm, Left-Right Style
5. Wind-Pursuing Thrusting Palm, Left-Right Style
6. Rotating Lotus Palm, Left-Right Style
7. Wrist-Tucking and Finger-Thrusting Palm, Left-Right Style
8. Rotating Empty-Hacking Palms, Left-Right Style
9. Rotating Grabbing and Intercepting Palm, Left-Right Style
10. Parenthesis Forward Pushing Palm, Left-Right Style
11. Parenthesis Cross-Legged Palm, Left-Right Style
12. Coil Cloud-Hand Palm, Left-Right Style

III. 23 Wudang Taiyi Wuxing Grappling-Pouncing Techniques

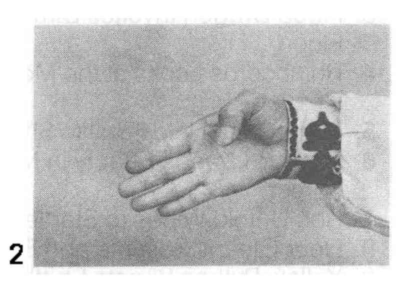
Ready Position (Wuji Position)

Starting Movement: Vitality and Qi Combine in Perfect Harmony to Rotate the Universe

1. White Ape Comes from Cave Two Peaks Lie Prostrate before the Sun
2. Rein in Horse at Brink of Precipice Withstand Clouds at Bottom of Sea
3. Flood Dragon Invokes Dim Mists Thunderbolt Strikes Mountain Flood
4. Rhinoceros Looks at the Moon and Turns Round to Support the Heaven
5. Green Lion Holds Ball to Shine Golden Hall
6. Leopard Keeps Beauty in Mouth and Raises Neck to Startle Forest
7. Roc Unfold Wings to Startle Animals
8. Deer Gleans Sesame and Bows to Drink Lucid Spring Water
9. Yellow Python Shoots Spittle to Frolic with Mole Cricket Groups
10. Carp Leaps out of Water to Stir up Surging Waves
11. Eagle Flies over Mountain to Catch Chickens Twice
12. Red-crowned Crane Soars into Sky and Flies Gracefully in Wind and Clouds
13. Golden Monkey Steals Immortal Pills and Fire in Stove Dies out
14. Green Moth Surveys the Moon and Surging Wave Subside
15. Black Bear Turns over Its Paws Whose Great Power Shakes Forest
16. Golden Toad Becomes Immortal and Sleeps in Yaochi Lake Drunken
17. Magpie Perches on Branch to Stand Alone on Winter Plum
18. Green Dragon Dives into Sea with Peaceful and Concentrated Mind
19. Wild Horse Shakes Manes to Demonstrate Fiery Violence
20. Immortal Monkey Enters Cave and Peacefully Concentrates Mind
21. Colourful Phoenix Flies High in Sky and Hundred Birds Chirp Together
22. Subdue Tiger on Fairy State to Defend Taoist Scriptures Eternally
23. Preserve Vigour and Vital Energy Forever



1



2

一、基本動作

㈠手型

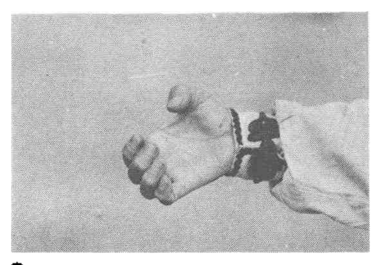
1、八字掌：五指伸直，拇指外展，其餘四指自然靠近，虎口撐圓，形如八字。（圖1）

2、劈空掌（扣指掌）：拇指屈扣，其餘四指伸直並攏。（圖2）

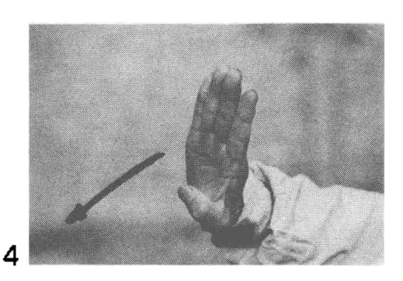
3、虎爪掌（虎掌）：拇指外展彎屈，其餘四指並攏，使第二、三節指骨彎屈，但不得屈攏。（圖3）

㈡手法

1、劈掌：由上向下或由下向斜上方側掌劈擊，勁貫掌外沿。（圖4）



3



4

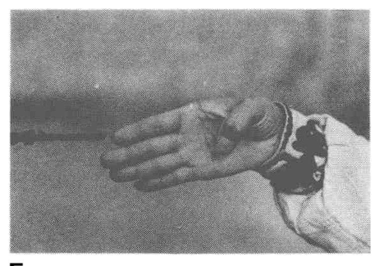
I. Basic Movements

(I) Hand Forms

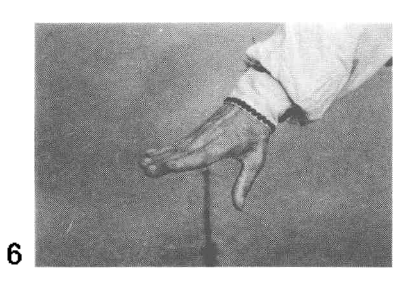
1. " 8 -character" palm (on the gesture "the left hand rule"): Five fingers straighten. Thumb stretches out and other four fingers keep side by side to let fork remain round like a Chinese character of eight or the gesture of the left hand rule. (fig. 1)
2. Empty-hacking palm (thumb-tucking palm): Thumb bends to the center of palm, and the other four fingers keep side by side and straighten. (fig. 2)
3. Tiger-claw palm (tiger palm): Thumb stretches out and bends, and the other four figners keep side by side to let the second and third joints bend but not hold in. (fig. 3)

(II) Hand Techniques

1. Hacking palm: Palm hacks in an upward-downward direction, or in a downward-upward-oblique direction. The force is applied at the outer edge of palm. (fig. 4)



5



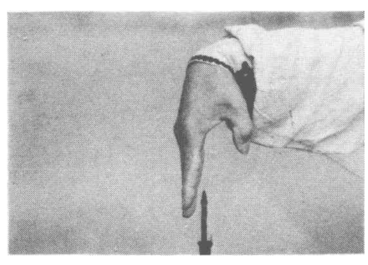
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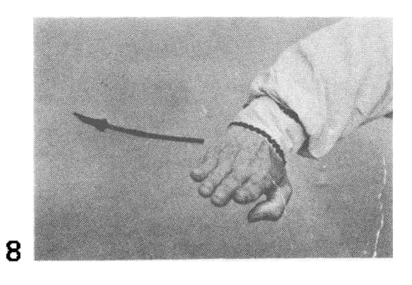
2、戳掌: 臂由屈到伸，直腕向前頂擊，勁貫指尖。（圖5）

3、按掌: 由上向下按，手心朝下，勁貫掌心。（圖6）

4、插掌: 臂由屈到伸，直腕向下或斜下插，勁貫指尖。（圖7）

5、砍掌: 仰掌或俯掌，由右向左或由左向右橫擊，勁貫掌外沿。（圖8）


7

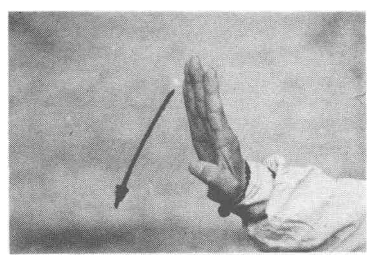

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2. Intercepting palm: Arm straightens to let wrist thrust forward straight. The force is applied at tips of fingers. (fig. 5)

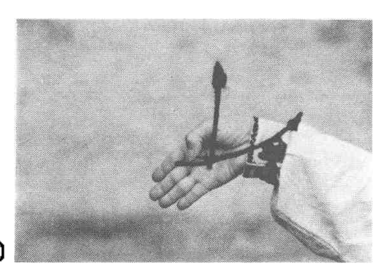
3. Downward-pressing palm: Palm, facing downward, pushes downward from above. The force is applied at the center of palm. (fig. 6)

4. Thrusting palm: Arm straightens to let wrist thrust downward straight or downward obiquely. The force is applied to tips of fingers. (fig. 7)

5. Horizontal cutting palm: Palm faces upward or downward to make a horizontal cut from right to left, or from left to right. The force is applied at outer edge of palm. (fig. 8)

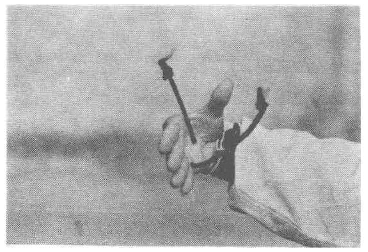


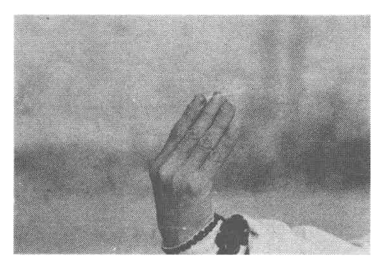
9



10

6、纏手: 以腕關節爲軸，手掌由裏向上、向外、向下纏繞，同時前臂外旋，使虎口朝上封閉。（圖9、10、11、12）

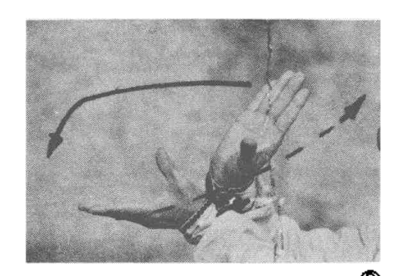

11


12

6. Twist grasp: Palm twists from inside to above, outside to underneath with wrist joint as pivot. Forearm describes a circle simultaneously outward to let fork face upward and close. (figs. 9, 10, 11 and 12)



13①







14

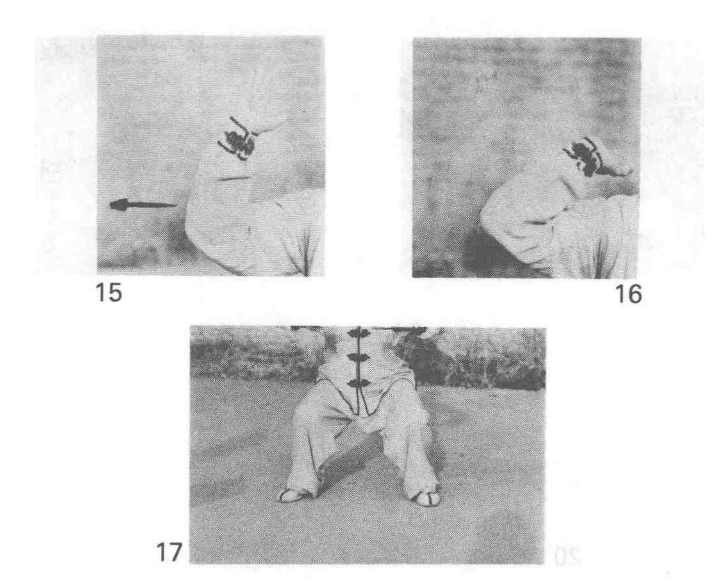
7、擒撲手：雙手以腕關節爲軸，同時雙手仰掌外旋，封閉對方肘腕關節。（圖13①②、14）

8、靠肘：臂略屈內旋上舉向後靠壓，手心朝外，勁貫肘尖。（圖15、16）

要點：各種手法的變換都要劃弧走圓路綫，同時前臂做相應旋轉，腕部要鬆活，講究兩手（臂）屈如環抱式。要注意手法與步法、身法等動作的協調配會。

㈢步型

1、虎步襠（馬步）：兩脚左右開立，脚尖向前，相距同肩寬，斂臀實腹，氣沉丹田，屈膝略蹲（膝至胯約成四十五度斜面）。（圖17）



15 16

17

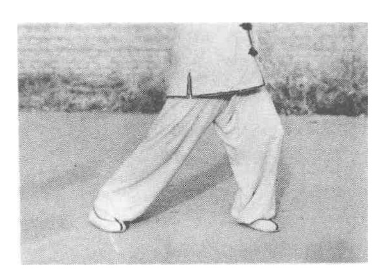
7. Grappling-pouncing hands: Both palms face upward and rotate outward with wrist joints as pivots to close opponent's joints of elbows and wrists. (figs. 13 (1) (2), and 14)

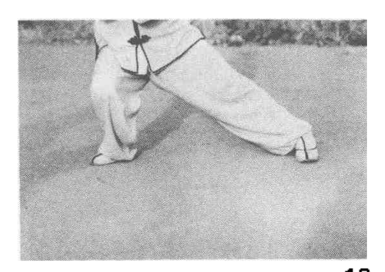
8. Bending elbow: Arm bends slightly, inward, upward and presses backward. Palm faces outside. Strength is carried up to the tip of elbow. (figs. 15 and 16)

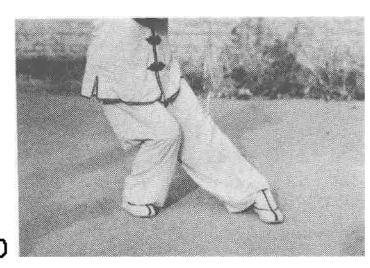
Points for attention: Changes of various hand techniques are made by moving in curves and in round lines. Forearm rotates accordingly. Wrist should be nimble. Both hands (arms) should form a ball-holding gesture. Attention should be paid to keep a harmony among movements of hands, feet and torso.

(III) Stances

1. Tiger stance (Horse stance): Stand with both feet shoulder-width apart, and tiptoes pointing forward. Hips draw in, belly remains full and qi (vital energy) goes down to Dantian. Both knees bend to form a slight squatting position. Knees and hips form a bevel of 45°. (fig. 17)


18


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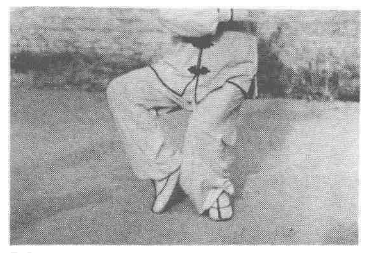
2、熊步襠（弓步）：前脚微內扣，全脚着地，屈膝略蹲（膝至胯約成45度斜面），膝部與脚尖垂直；另一腿在後自然挺膝蹬直，脚尖內扣斜向前方，全脚着地。（圖18）

3、獅步襠（仆步）：一腿屈膝沉坐，膝與脚尖稍向外展；另一腿挺膝伸直仆出，全脚着地，脚尖內扣。（圖19）

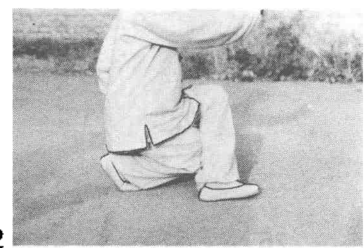
4、鴉雀襠（虛步）：後脚斜向前，屈膝略蹲（膝至胯約45度斜面），全脚着地；前腿自然挺膝伸直，脚尖內扣，全脚着地。（圖20）

5、含鷄襠（丁步）：兩腿略蹲或半蹲，一脚全脚着地支撐，另一脚以脚尖在支撐脚內側點地，相距約一拳。（圖21）

6、歇步：兩腿交义屈膝全蹲，前脚全脚着地，脚尖外展；後脚脚跟離地，臀部坐於小腿上，接近脚跟。（圖22）



21



22

2. Bear stance (Bow stance): Front foot tucks inward slightly, whole foot set on ground, knee bends to form a slight squatting position (Knee and hip form a bevel of 45°), and knee remains vertical with tiptoe. Back leg straightens and kicks straight, with tiptoe tucking inward and pointing forward, and whole foot sets on ground. (fig. 18)

3. Lion stance (Crouch-dropping stance): One leg bends to sit down, and knee and tiptoe stretch outward slightly. Another leg straightens to thrust forward, and whole foot sets on ground, with tiptoe tucking inward. (fig. 19)

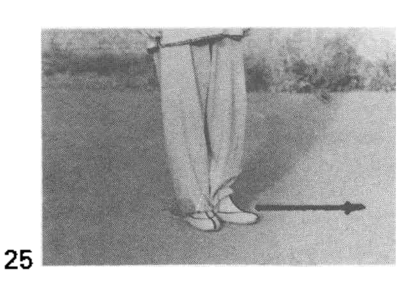
4. Sparrow stance (Empty stance): Back foot points forward obliquely; knee bends to form a slight squatting position (Knee and hip form a bevel of 45°), and whole foot sets on ground. Front leg straightens, with tiptoe tucking inward, and whole foot sets on ground. (fig. 20)

5. Resting chicken stance (T stance): Both legs squat slightly or half squat. One foot sets on ground to support weigth, and another foot touches ground with tiptoe at inner side of supporting foot, at a distance of one fist. (fig. 21)

6. Cross-legged stance: Two legs cross, bend and squat. Front foot sets on ground, with tiptoe stretching outward. Back foot lifts heel off ground. Hips sit on calf, near heel. (fig. 22)


23


24


25

7、橫襠步：兩腳左右開立，約同弓步寬，全腳着地，兩腳尖向前，一腿屈膝略蹲（膝至胯約成四十五度斜面）；另一腿自然挺膝伸直。（圖23）

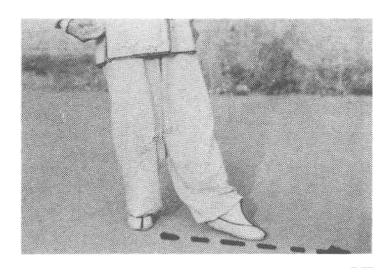
8、獨立步：支撐腿直立或微屈；另一腿在身前或體側屈膝提起，高於胯平，腳尖自然下垂。（圖24）

㈣步法

1、上步：後腳向前邁步，或一腳原地向前邁半步或一步。（圖25、26）

2、進步：兩腳連續向前各邁一步。（圖27、28）


26


27


28

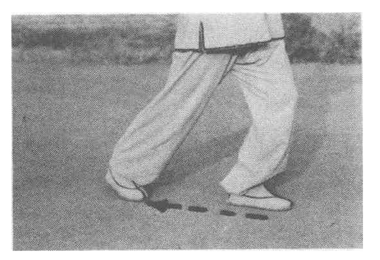
7. Side bow stance: Two feet set apart in paralled about a width of bow stance; whole feet set on ground with tiptoe pointing forward. One leg bends to form a slight squatting position (Knee and hip form a bevel of 45°). Another leg straightens. (fig. 23)

8. One-legged stance: Supporting leg stands straight or bends slightly. Another leg bends to rise in front of torso or sidewise at hip level; toptoe points downward. (fig. 24)

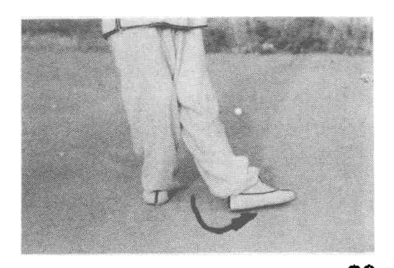
(IV) Footwork

1. Advance: Back foot steps forward, or one foot takes half a step or one step forward from where it is. (figs. 25 and 26)

2. Forward step: Both feet take one step forward each successively. (figs. 27 and 28)



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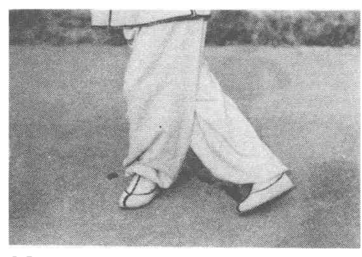
3、退步: 前脚後退一步。（圖29）

4、擺步: 上步落地時脚尖外擺，與後脚成八字。（圖30）

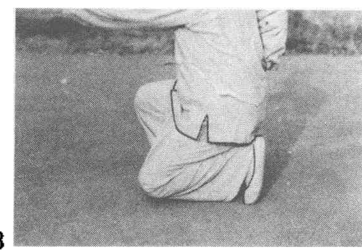
5、扣步: 上步落地時脚尖內扣，與後脚成八字。（圖31）

6、插步: 一脚從支撐脚後叉過橫落，兩腿靠近。（圖32）

7、跪步: 一腿屈膝下蹲; 另一腿跪地使膝部接近地面（不得貼地），脚跟離地，前脚掌着地。臀部坐於跪地腿的小腿上面。（圖33）



32



33

3. Retreat: Front foot retreats one step. (fig. 29)

4. Toe-out step: Advancing foot lands on ground, and its tiptoe swings outward to form an eight-character with back foot. (fig. 30)

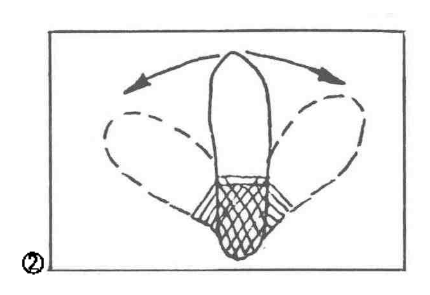
5. Toe-in step: When advancing foot lands on ground, its tiptoe tucks inward to form an eight-character with back foot. (fig. 31)

6. Back cross-step: One foot crosses supporting leg and lands on ground horizontally. Two legs keep close to each other. (fig. 32)

7. Kneeling step: One leg bends to squat, another leg kneels downward to near ground (not touch ground), with heel lifting off ground and sole touching ground. Hips sit on calf of kneeling leg. (fig. 33)



34①



②

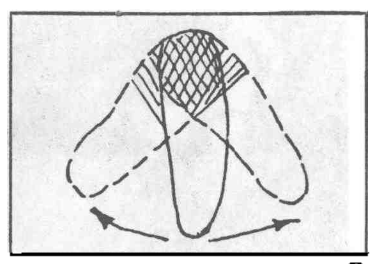
8、碾步（脚）：脚跟作軸，脚尖外展或內扣；或以脚前掌作軸，脚跟外展或內轉。（圖34①、34②；35①、35②）

要點：各種步法的轉換，無論前進後退變換時，都應虛實分明，輕靈穩健。邁步要求脚走括弧式路綫；落步均以脚前掌先着地，但不可重滯突然。兩脚縱向和横向距離要適當，脚掌和脚跟碾轉要合度，注意膝部亦要鬆活自然。

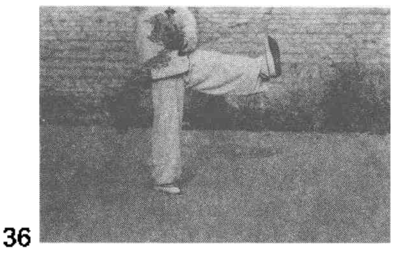
㈤腿法

1、蹬腿：支撑腿直立或微屈；另一腿屈膝提起蹬出，腿伸直，脚尖上勾，勁貫脚跟，脚高過腰。（圖36）





35 ① ②



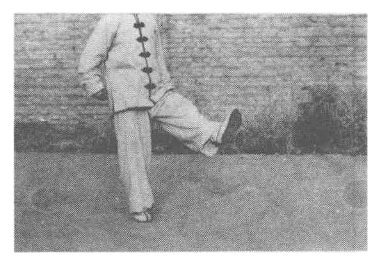
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8. Grinding step (foot): Using heel as a pivot, turn tiptoe outward or inward, or grinds inward with sole as pivot. (figs. 34 (1), (2), and 35 (1), (2))

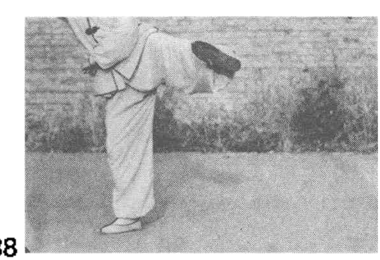
Points for attention: Changes of various steps, advancing or retreating, should be distinctive in emptiness or firmness, nimble and steady. An arc line should be used to take steps. Sole touches ground first in landing steps, and stiffness and abruptness should be avoided. Longitudinal and lateral distances between two feet should be proper. Sole and heel should rotate to a proper degree, and knees should also be natural and flexible.

(V) Leg Techniques

1. Heel kick: Supporting leg stands straight or bends slightly. Raise another leg bent and give a heel kick; leg straightens and tiptoe hooks upward; heel should be higher than waist and force is applied at heel. (fig. 36)



37



38

2、踹腿：支撐腿直立或微屈；另一腿屈膝提起踹出，腿伸直、腳尖勾起外擺或內扣，勁貫腳底。高踹與腰平；低踹與膝平。（圖37、38）

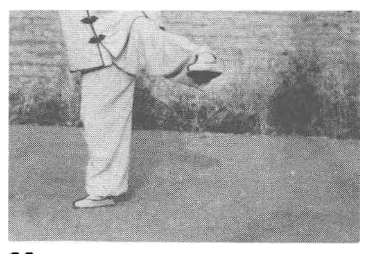
3、鏟腿：支撐腿直立或微屈；另一腿屈膝提起鏟出，腿伸直，腳掌朝下，腳尖內扣，勁貫腳外側。（圖39）

4、撩踢：支撐腿直立或微屈；另一腿在身後屈膝使小腿向裏側撩起，腳底朝上，腳面繃平，勁貫腳前掌。（圖40）

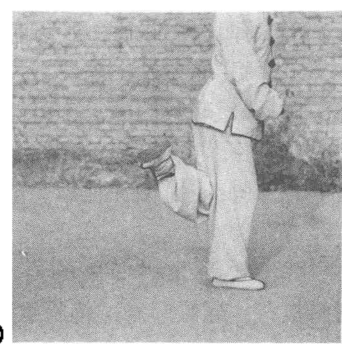
㈥身型

1、頭："虛靈頂勁"，要求下頦頂"重樓"（喉嚨），即正頂平，下頦微向內收，接近喉部。

2、頸：自然豎直，肌肉放鬆。



39



40

2. Side sole kick: Supporting leg stands straight or bends slightly. Another leg bends to rise and give a side sole kick; leg straightens and tiptoe hooks upward, either in a toe-in or toe-out form. Force is applied at sole. High side sole kick should be at waist level, and low side sole kick at knee level. (figs. 37 and 38)

3. Side outer-edge kick: Supporting leg stands straight or bends slightly. Another foot bends to rise and give a side outer-edge kick; leg straightens, with sole facing downward and tiptoe tucking inward. Force is applied at outer-edge of foot. (fig. 39)

4. Back kick: Supporting leg stands straight or bends slightly. Another leg bends backward to let calf tilt upward; sole faces upward, and instep keeps straight. Force is applied at sole. (fig. 40)

(VI) Body Forms

1. Head: "Head should be empty, flexible and forceful." Lower jaw should press throat straightly. Lower jaw should draw in slightly to near throat.

2. Neck: It should be straight naturally, with its muscle relaxed.

3、肩: 自然鬆沉，不可後張或前扣。

4、肘: 自然彎屈下垂，不可僵直或揚起。

5、胸: 平胸微含、舒鬆自然，不可外挺或故意內縮。

6、背: 闊展拔伸，不可弓背（駝背）。

7、腰: 自然鬆垂，不可前挺或後弓。

8、脊: 保持正直，不可左歪右斜，前挺後弓。

9、胯: 保持鬆、縮、正，不可突出歪扭。

10、臀: 略收內斂，不可向後撅起或搖擺。

11、膝: 伸屈自然柔和。

12、腳: 十趾微屈抓地、涌泉含空。

注（要點）: 身型總的要求是: 頭平項直，虛靈頂勁，沉肩垂肘，含胸拔背，鬆腰豎脊，縮胯斂臀，體態自然。

(七)身法

身法總的要求是: 上體端正自然，不偏不倚。周身動作協調圓活，鬆柔和緩，完整一氣。講究“腰隨胯轉”，即軀幹和四肢一切動作完全依隨胯旋而轉換。要求做到“動如蛇之行，柔似蠶作繭”。

(八)眼法

凡動作變化，兩眼應與手法，步法，身法協調配合，做到勢動神隨，意識集中，形神合一，神態自然。定勢時，眼平視前方或注視主要的手; 動勢時，手眼相隨或向預定前去的方向注視。

3. Shoulders: Natural, flexible and dropping, they should not stretch backward or tuck forward.

4. Elbows: Naturally bending and dropping, they should not be stiff or lifted.

5. Chest: Slightly drawing in, it should be natural and flexible, and should not stretch outward or shrink inward purposely.

6. Back: Stretching naturally, it should not remain humped.

7. Waist: Natural and flexible, it should not thrust forward or bow backward.

8. Spine: It must be straight, and should not be oblique left or right, or thrust forward or bow backward.

9. Hips: They should be flexible, shrinkable and straight. It should not be protruding or swing obliquely.

10. Buttocks: They should draw it a bit, and should not thrust backward or swing.

11. Knees: They should bend and straighten naturally and gentlely.

12. Feet: Ten toes bend slightly to catch ground.

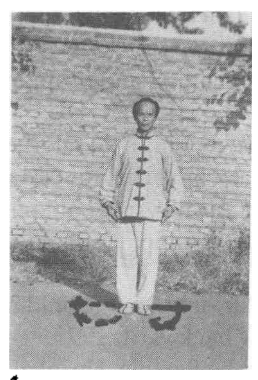
Points for attention: General requirements for body forms are: Head keeps level and neck straight, empty, flexible and forceful. Shoulders and elbows droop. Chest draws in and back stretches. Waist remains flexible and spine straight. Hips and buttocks should shrink a bit. Body movements should be natural.

(VII) Body Work

General requirements for body work are: Upper body should be straight and natural, not inclining left or right. Body movements should be coordinative, flexible, gentle, slow and complete. Waist turns according to hips, that is, movements of torso and thighs change in line with those of hips. Practitioners should be "like moving snakes in movements and like silkworms making cocoons gentlely."

(VIII) Eyework

Two eyes should cooperate with hand techniques, footwork and body work in movement changes. Eyes follows every movement. They let mind concentrate so that body and spirit are harmoniously and naturally integrated. In still stances, eyes are cast forward horizontally or at one major hand; in movements, eyes are directed forward the ensuing movements.



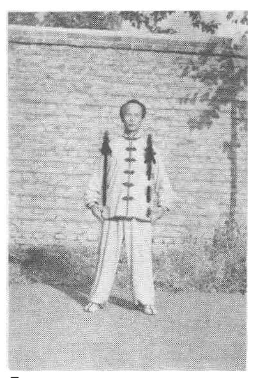
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二、九宮旋轉十二法

㈠左右太極陰陽魚

1、預備勢（無極式）：面南起勢。兩腳並步站立，兩臂自然下垂於體側，肘微屈（肘肋相距約一拳寬），兩手掌自然分開成八字掌，中指貼對褲縫，掌心朝裏，虎口朝前。沉肩、平胸、直背，下顎內收，舌抵上腭，虛靈頂勁，意守湧泉，眼平視正南。（圖1）

2、兩腳尖外展如“V”字形，寬與肩同；兩腳跟外轉，與兩肘尖上下相對，腳尖微向外展如“八”字形。兩腳成開步站立，膝部微屈，上體與兩手臂仍成上勢不變。（圖2）



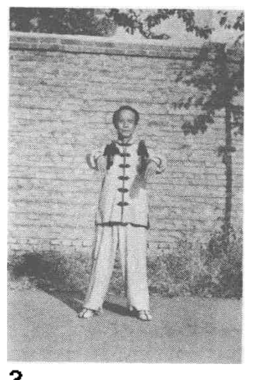
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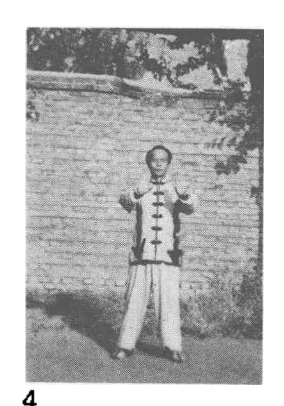
II. 12 Jiugong Rotating Methods

(I) Taiji Yin-Yang Fish, Left-Right Styles:

1. Ready Position (Wuji form): Face south to start ready position. Stand at attention with arms dropping naturally, and elbow bend slightly with a distance of one fist from ribs. Palms open naturally to form "eight-character" palm. Middle fingers stick to trouser seems. Palms face inward and fork forward. Shoulders are kept drooping, chest level, back straight. Lower jaw draws in, and tongue sticks to upper gum. Concentrate mind, and look to south. (fig. 1)

2. Feet stretch outward to form a V-shaped stance shoulder width apart. Heels rotate outward to face tips of elbows. Tiptoes stretch outward a bit to form a " -shaped stance". Feet in parallel and knees bend slightly. Upper body and arms remains still. (fig. 2)

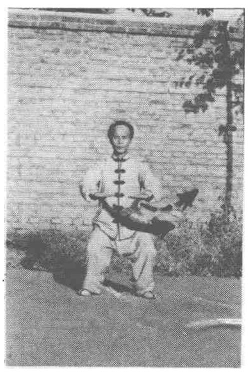

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3、兩脚不動，兩臂由體側向前向上屈腕徐徐提起，高與胸平。兩臂屈肘成圓弧形，兩掌鬆垂，掌指朝下，掌心朝裏，虎口相對，與胸同寬。眼平視前方。（圖3）

4、上動不停，兩肩向後鬆沉（即肩關節微向上提約三分復向後沉，使肩胛自然縮靠貼近）。同時兩掌向上翻腕翹指，高與肩平，掌心朝前，拇指相對，兩臂仍成圓弧形。眼平視前方。（圖4）

5、上動不停，兩腿屈膝下蹲成馬步。同時兩掌下按，掌心朝下（意念在兩手中指），虎口相對成圓，高與上腹平，兩臂仍成圓弧形。眼平視前方。（圖5）。

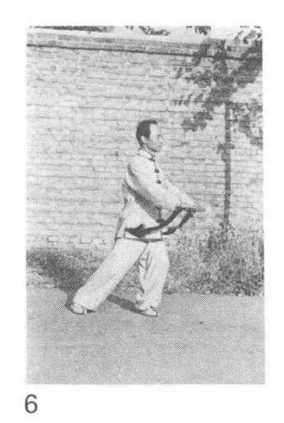


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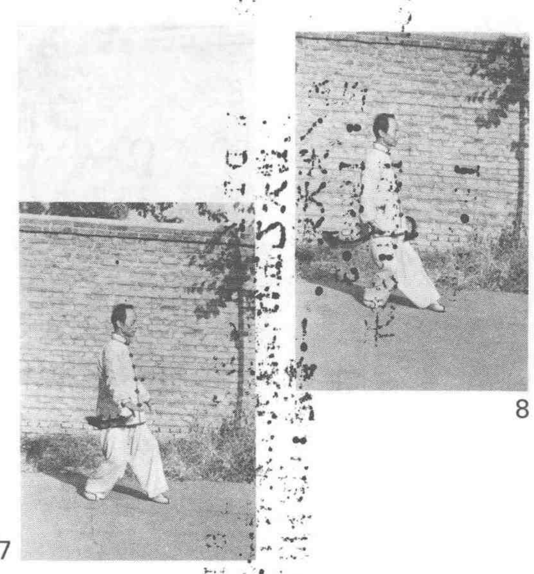
3. Feet remain still. Arms rise slowly from two sides to front and above at chest level, with wrists bent. Elbows bend to form a round arc; palms droop and face inward, with tips of fingers pointing downward; forks face each other chest width apart. Look straight ahead. (fig. 3)

4. Without any pause , shoulders droop backward (shoulder joints lift three cm upward and then droop backward to let shoulder near each other naturally). At the same time, palms tilt upward, with palm provide facing forward at shoulder level; thumbs point to each other. Arms still form an arc. Look straight ahead. (fig. 4)

5. Without any pause, bend legs to squat in horse stance. At the same time, palm push downward (Mind concentrates in middle fingers) with forks face to each other to form a circle at upper belly level. Arms still form a arc. Look straight ahead. (fig. 5)



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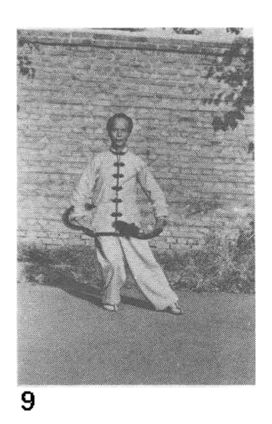
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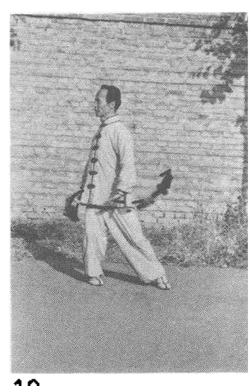
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6、上動不停，胯向左旋，兩腿由馬步轉換成左弓步，上體隨胯轉向正東。同時兩臂仍成圓弧形向左畫弧擺動，兩掌由八字掌變爲扣指掌。手腕內扣，中指斜相對，掌心朝下，高於腰平。眼平視前方。（圖6）

7、上動不停，上體後坐，重心移至右腿上，成左虛步。同時兩肩後沉，兩臂由前向後分開至身體兩側，兩掌隨之按至胯旁。手腕內扣，掌指斜朝前方，掌心朝下。面朝正東，眼平視前方。（圖7、8）

8、上體隨肩胯右旋，漸次轉向正西；兩腿由左虛步轉換成右弓步。同時兩臂仍成圓弧形隨上體右轉，位於身體兩側，手腕內扣，中指斜相對，掌心朝下，高與腰平。眼平視前方。（圖9、10）

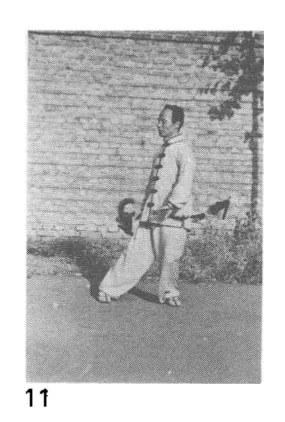

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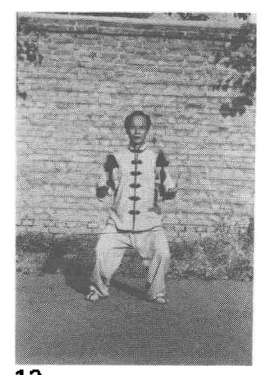
6. Without any pause, turn hips left. With horse stance changing form a left bow stande, upper body turns to due east. At the same time, arms still form an arc and swing to the left in a curve, while the gesture of "the left head rule" turn into thumb-tucking palms. Wrists tuck inward with middle fingers pointing to each other obliquely and palms facing downward at a level higher than waist. Look straight ahead. (fig. 6)

7. Without any pause, the upper body inclines backward. Weight shifts onto right leg to form left empty stance. At the same time, shoulders droop backward. Arms move backward from the front to both sides, and palms press sides of hips. Wrists tuck inward, and palms face forward obliquely. Look ahead toward due east. (figs. 7 and 8)

8. Upper body turns right with shoulders and hips, and then turns to due west. Left empty stance changes into right bow stance. At the same time, arms still form a round arc and move to the right with upper body. Wrists tuck inward with middle fingers pointing to each other obliquely; palms face downward at a level higher than waist. Look straight ahead. (figs. 9 and 10)



11



12

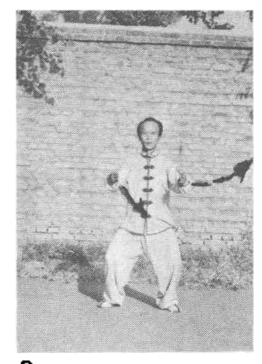
9、上動不停、上體後坐，重心移至左腿上，成右虛步；兩臂隨身體後移，位於身體兩側，按至胯旁。手腕內扣，掌指斜朝前方，掌心朝下，面朝正面，眼平視前方。（圖11）

10、上動不停，胯向左旋，兩腿由右虛步轉換成開立馬步，重心移至兩腿上。兩臂仍不動，眼視正南方。（圖12）

(二)左右穿翻天旋掌

1、承上勢，兩腳不動，兩臂向上抬起，高與胸平，兩掌鬆垂。兩腿隨手之上抬成開立步，然後屈膝下蹲成馬步。同時兩掌向上翻腕上挑翹指，隨下蹲時下按，掌心朝下，掌指斜相對，虎口朝裏，高與腰平。眼平視前方。（圖1、2）


1


2

9. Without any pause, the upper body inclines backward. Weight shifts onto left leg to form right empty stance. Arms press sides of hips as body inclines backward. Wrists tuck inward, and palm tips point to front obliquely; palms face downward. Face west and look straight ahead. (fig. 11)

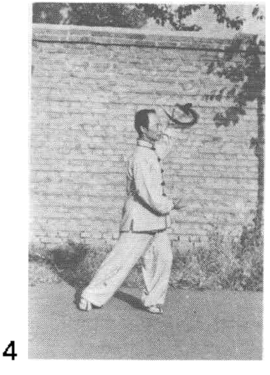
10. Without any pause, hips turn right. Right empty stance changes into horse stance, and weight shifts onto both legs. Arms remain still. Look to south. (fig. 12)

(II) Piercing and Spinning Palm, Left-Right Style

1. Continued from preceding movement. Feet remain still, arms rise to chest level, and palms remain drooping and flexible. As hands rise, legs stand in parallel, and then bend to squat and form horse stance. At the same time, palms rotate upward to tilt fingers, which press downward as squatting position is formed; palms face downward, palm tips pointing to each other obliquely; forks face inward at waist level. Look straight ahead. (figs. 1 and 2)



3



4

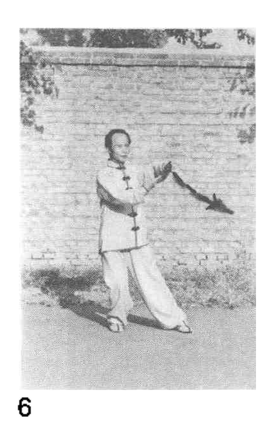


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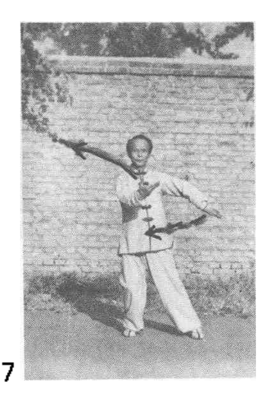
2、上動不停，胯向左旋，兩腿由馬步轉換成左弓步，上體隨胯轉向正東。左手掌外旋上托，掌心朝上，隨上體向上向後翻轉（以腕作軸）至頭左上側。同時右手掌外旋上托，掌心朝下，置於右腰前。眼平視前方。（圖3、4）

3、上動不停，上體後坐，重心移至右腿上成左虛步。同時左掌由上向下沿緣腕邊下落，至左胸前，掌心朝外，虎口朝下；右手掌向上向前經左掌手背處穿出，掌心朝上。眼視兩手（圖5、6）

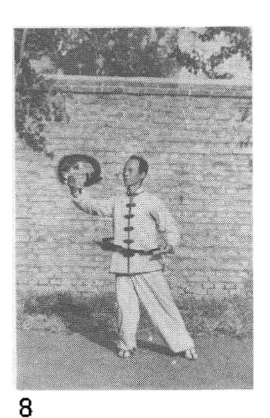
4、上動不停，胯向右旋，兩腿由虛步轉換成右弓步。同時左臂接上勢繼續旋翻至體側，高與腰平，掌心朝上，虎口朝前；右掌向右向上托掌平旋至體右側稍高於肩，掌心斜朝上、眼視右掌。（圖7、8）



6



7

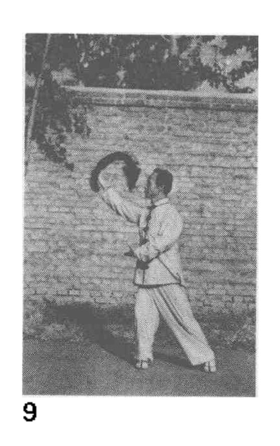


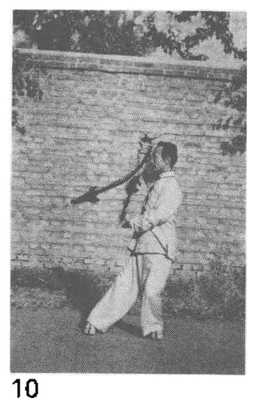
8

2. Without any pause, hips turn left and horse stance changes into left bow stance. Upper body turns to east with hips. Left palm rotates outward and upward, palm facing upward, and with wrist as pivot turn palm upward and backward, to left side of head. At the same time, right plam rotates outward and rises, palm facing upward, to the front of right waist. Look straight ahead. (figs. 3 and 4)

3. Without any pause, upper body inclines backward and weight shifts onto right leg to form left empty stance. At the same time, left palm drops to front of left chest as wrist rotates downward, palm side facing outward, and fork downward. Right palm pierces out upward and forward through back of left palm , palm side facing upward. Look at both hands. (figs. 5 and 6)

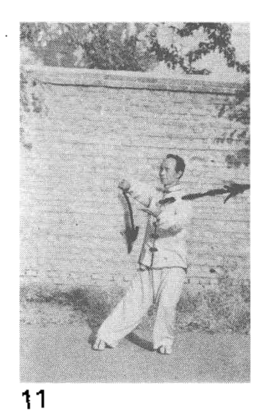
4. Without any pause, hips turn right, and empty stance changes into right bow stance. At the same time, left arm continues the preceding movement ot rotate to the side of body at waist level, palm facing upward and fork forward. Raise right palm to right above and rotate it to the right side at a level higher than the shoulder, palm side facing upward obliquely. Look at right palm. (figs. 7 and 8)


9

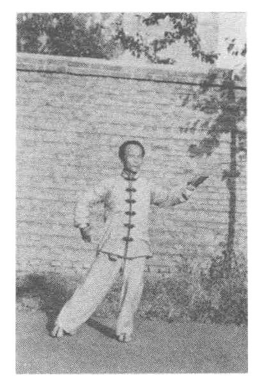

10

5、上動不停，上體後坐，重心移至左腿上成右虛步。同時右手掌外旋上托，掌心朝上，隨上體向上向後翻轉（以腕作軸）至頭右上側。同時左手掌外旋上托，掌心朝上，置於左腰前。眼平視前方。（圖9、10）

6、上動不停，胯向左旋，重心仍在左腿上，身體轉向正南。同時兩掌繼續旋翻穿開，左手高與肩平，掌心朝上，右臂旋翻於右胯旁，手臂圓屈，掌心朝後，虎口朝內。眼平視前方。（圖11、12）



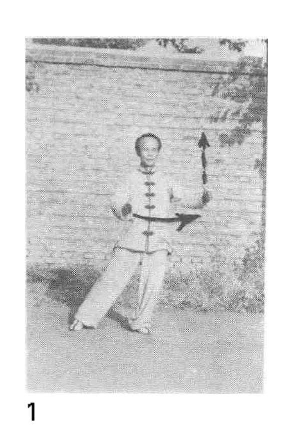
11



12

5. Without any pause, upper body inclines backward, and weight shifts onto left leg to form right empty stance. At the same time, right palm rotates outward and upward, palm facing upward, and following torso rotates, turn palm upward and backward, to the right side of the head, with wrist as the pivot. At the same time, left palm rotates outward and upward to the front of left waist, palm facing upward. Look straight ahead. (figs. 9 and 10)

6. Without any pause, hips turn left, and weight still remains on left leg, and body turns to due south. At the same time, palms continue to rotate and pierce. Left hand remains at shoulder level and palm faces upwawrd. Right arm rotates to the side of right waist and bends round, palm facing backward and fork inward. Look straight ahead. (figs. 11 and 12)



1

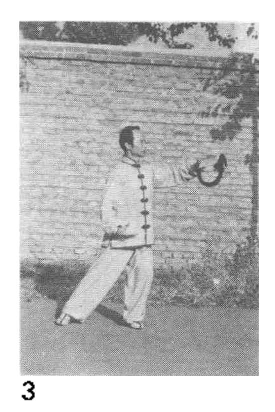


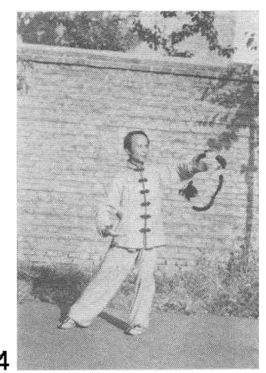
2

㈢左右掏腰地旋轉

1、承上勢，上體隨胯左旋，兩腿成左弓步。同時兩掌成抱球勢，左掌在上，掌心朝下，虎口朝右；右掌在下，掌心朝上，虎口朝右前，眼平視前方。（圖1、2）

2、上動不停，上體後坐，重心移至右腿上成左虛步。同時兩手對穿，左手拉回至胸前再向前穿出旋轉至左胸前，掌高與肩平，掌心朝上，虎口朝左；右臂由胸前向左腰側旋臂反穿手至右腰間，掌心朝上，虎口朝內，眼視前方（圖3、4、5）


3

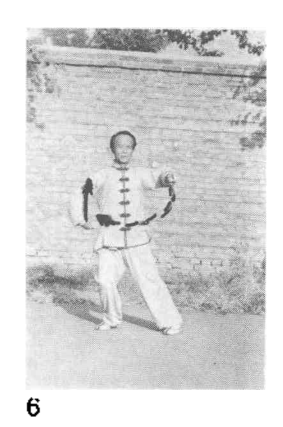

4


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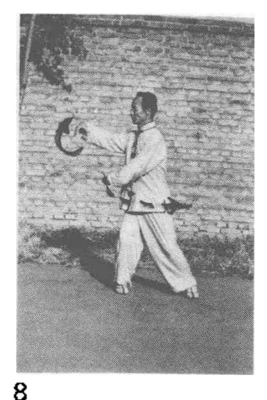
(III) Rotating Palm Through Waist, Left-Right Style

1. Continued from preceding movement. Following hips rotation, upper body turns left, and two legs form left bow stance. At the same time, both palms form a ball-holding gesture while left palm on top of the right palm side facing downward, and fork backward. Right palm remains under, palm side facing upward, and fork faces right front. Look straight ahead. (figs. 1 and 2)

2. Without any pause, upper body inclines backward, and weight shifts onto right leg to form left empty stance. At the same time, hands pierce towards each other. Left hand withdraws to the front of chest, and then pierces out and rotates to the front of left chest at the shoulder level, palm side facing upward and fork leftward. Right arm rotates to the side of left waist from the front of chest, and then pierces to the right side of the waist, palm side facing upward and fork inward. Look straight ahead. (figs. 3, 4 and 5)


6


7

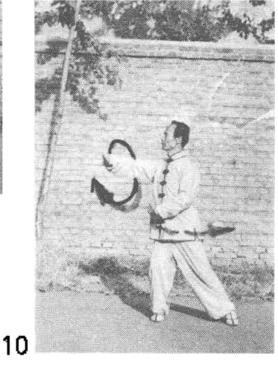

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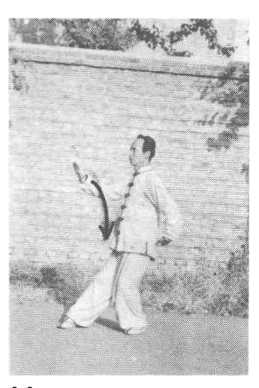
3、上動不停，胯向右轉，兩腿成橫襠步。同時左掌旋翻隨胯旋轉後掖至左胯旁，掌心朝上；右手亦同時向下向後掏腰旋翻插掌，置於體前，稍高於肩，眼視右手。（圖6、7）

4、上動不停，胯繼續右轉，兩手向右胸前合抱成抱球勢：右手在上，掌心朝下，左手在下，掌心朝上。眼視右手。（圖8）

5、上動不停，上體後坐，重心移至左腿上成右虛步。同時兩手對穿：右手拉回至胸前向前穿出旋轉至右胸前，掌高與肩平，掌心朝上，虎口朝右；左臂由腹前向右腰側旋臂反穿手至左腰間，掌心朝下，虎口朝內，眼平視前方。（圖9、10、11）


9


10


11

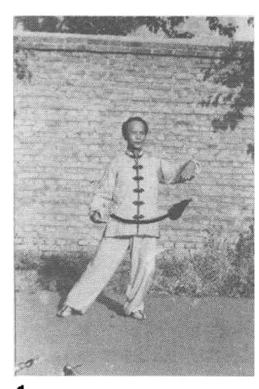
3. Without any pause, hips turn right, and both legs remain shoulder width apart. At he same time, left palm rotates to the side of left hip and faces upward. Right hand also rotates to lower back through waist and palm pierces out to the front at the level higher than shoulder. Look at right hand. (figs. 6 and 7)

4. Without any pause, hips continue to turn right. Both hands withdraw to front of chest to form ball-holding gesture while right hand on top of the left and palm faces downward, left palm faces upward. Look at right hand. (fig.8)

5. Without any pause, upper body inclines backward, and weight shifts onto left leg to form right empty stance. At the same time, two hands pierce toward each other: Right hand withdraws to the front of chest, pierces out, and rotates to the front of right chest; palm remains at the shoulder level and faces upward, and fork rightward. Left arm rotates to the side of right waist from the front of abdomen and pierces to the side of left waist, palm side facing downward and fork inward. Look straight ahead. (figs. 9, 10 and 11)




12



1

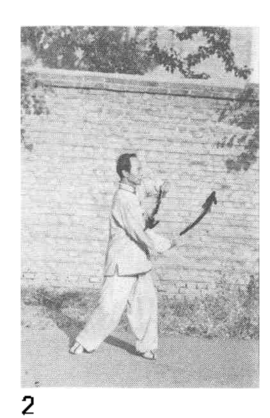
6、上動不停，胯向左轉，兩腿成橫襠步。同時右掌旋翻隨胯旋轉後掖至右胯旁，掌心朝下；左手不動。眼平視前方。（圖12）

㈣左右抱球旋轉掌

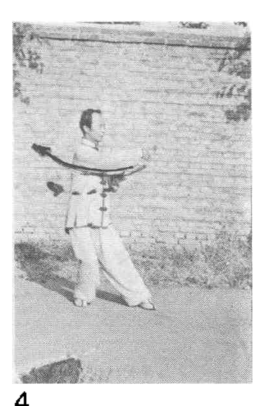
1、承上勢，重心隨胯左旋移至左腿上成橫襠步。同時左手由腰側旋臂向上向前，前托掌掤出至左胸前，臂內旋，掌心朝下，高與肩平；右手隨之內旋向下向前，至右胯旁，掌心朝上，虎口朝外，眼視前方。（圖1）

2、上動不停，胯向左旋成左弓步。左手掌心朝下、右手向上向前至腹前，掌心朝上。兩臂成抱球式。兩手心相對，眼視前方。（圖2）

3、上動不停，上體後坐，重心後移至右腿上成左虛步。同時兩手抱球旋翻，左手在內至胸前，掌心朝外，虎口朝下；右手在外與左手相對，掌心朝內，虎口朝上，成橫抱球。眼視右手。（圖3、4）


2


3


4

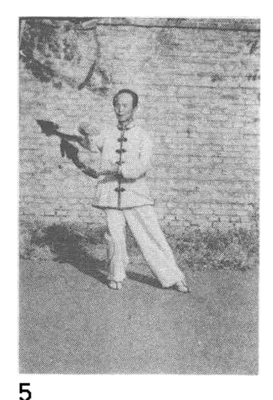
6. Without any pause, hips turn left. Two feet keep in parallel to form side low stance. Right palm rotates to side of right hip, palm side facing downward. Left hand remains still. Look straight ahead. (fig. 12)

(IV) Ball-Holding Spinning Palm, Left-Right Style

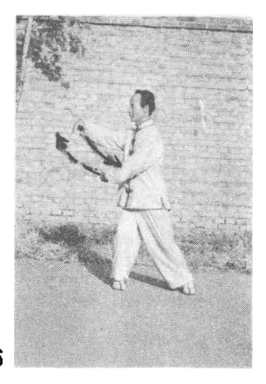
1. Continued from preceding movement. Weight shifts onto left leg to form side bow stance. At the same time, left hand rotates to the upper front from waist side, and palm thrusts to the front of left chest; arm rotates inward, palm faces downward at the shoulder level. Right hand rotates to the lower front to side of right hip; palm faces upward, and fork outward. Look straight ahead. (fig. 1)

2. Without any pause, hips turn left to form left bow stance. Left palm faces downward. Right hand moves upward to front of abdomen; palm faces upward. Arms form ball-holding gesture. Palms face each other. Look to front. (fig. 2)

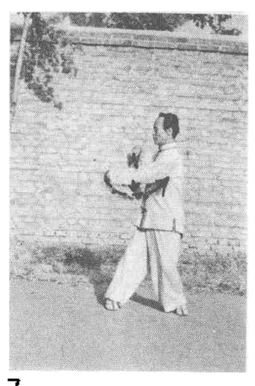
3. Without any pause, upper body inclines backward. Weight shifts backward onto right leg to form left empty stance. At the same time, two hands form ball-holding gesture and rotate; left hand remains inside and moves to the front of chest, palm side facing inward, and fork upward to form horizontal ball-holding gesture. Look at right hand. (figs. 3 and 4)



5



6



7

4、上動不停，胯向右旋成橫襠步。同時兩手隨胯腰旋轉，由橫抱球變成立抱球於右胸前，眼視右手。（圖5）

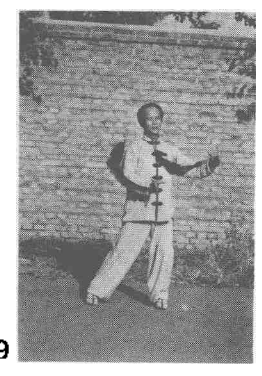
5、上動不停，胯繼續右旋成右弓步。兩手成抱球式：右手在上，高與肩平、掌心朝下；左手在下，位於腹前，掌心朝上，兩手心相對。眼視前方。（圖6）

6、上動不停，上體後坐，重心後移至左腿上成右虛步。同時兩手抱球旋翻，右手在內至胸前，掌心朝外，虎口朝下；左手在外與右手相對，掌心朝內，虎口朝上，成橫抱球。眼視左手。（圖7）

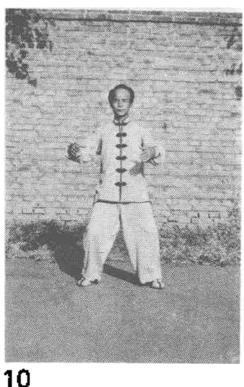
7、上動不停，胯向左旋成馬步。兩手由橫抱球隨胯左旋成環抱式，兩手心相對，高與胸平，虎口朝上。眼平視前方。（圖8、9、10）



8



9



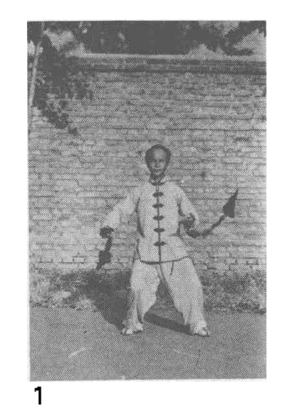
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4. Without any pause, hips turn right to form side bow stance. At the same time, following hips and waist rotation, change horizontal ball-holding gesture into vertical ball-holding gesture in front of chest. Look at right hand. (fig. 5)

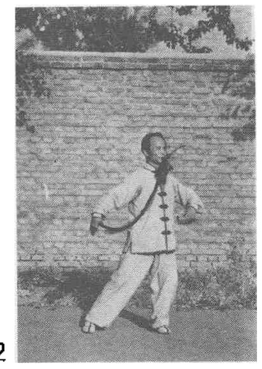
5. Without any pause, hips continue to turn right to form right bow stance. Two hands form ball-holding gesture: Right hand remains above at shoulder level, and palm faces downward. Left hand remains under in front of abdomen, and palm faces upward. Both palms face to each other. Look straight ahead. (fig. 6)

6. Without any pause, upper body inclines backward, and weight shifts backeard onto left leg to form right empty stance. At the asme time, two hands form ball-holding gesture and rotate to the front of chest. Right hand remains inside, palm side facing outward, fork downward. Left hand remains outside to face right hand, palm faces inward and fork upward to form horizontal ball-holding gesture. Look at left hand. (fig. 7)

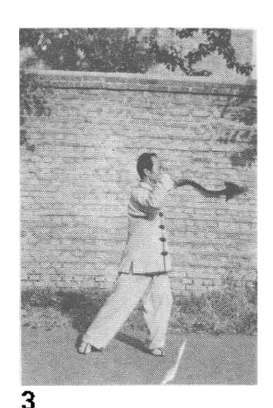
7. Without any pause, hips turn left to form horse stance. Following hips rotation, two hands form a close circle from ball-holding gesture. Palms face each other at a level higher than chest, and forks face upward. Look straight ahead. (fig. 8, 9 and 10)



1



2



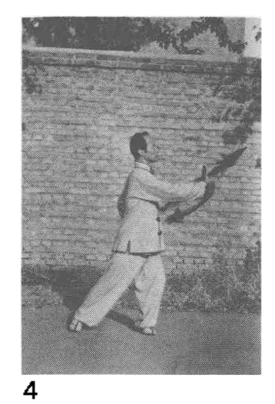
3

㈤左右追風插指掌

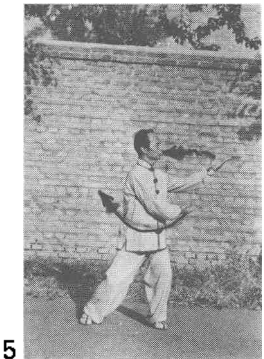
1、承上勢，胯向左旋，上體旋轉至正東方向，成左弓步。同時左手外旋托掌至左體側；右手由右體側向上提至右胸前，垂腕，掌心朝左，虎口朝上，掌指朝前。眼視正東前方。（圖1、2、3）

2、上動不停，胯微向左旋，兩腿成左弓步。左手隨胯旋轉翻腕畫平圓至體左側，高於左胯，掌心朝下，虎口朝內；右手變扣指掌屈臂，向上，向前，戳頂擊出，力在指尖，掌高與肩平，掌心朝左，虎口朝上。眼視右手。（圖4）

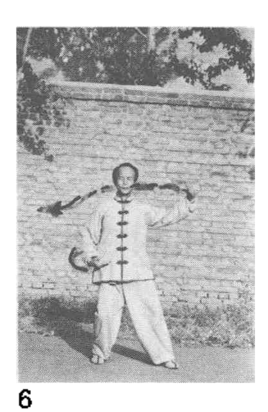
3、上動不停，胯向右旋，成橫襠步。左手從體左側腰部向前穿掌，掌心朝上，高與肩平；右手隨胯右旋至右腰旁，掌心朝上，虎口朝外。眼視正南。（圖5、6）



4



5



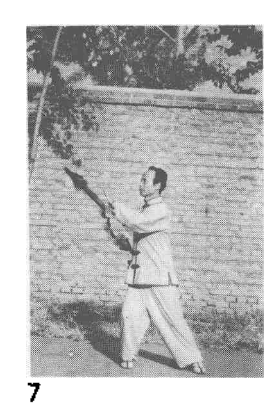
6

(V) Wind-Pursuing Thrusting Palm, Left-Right Style

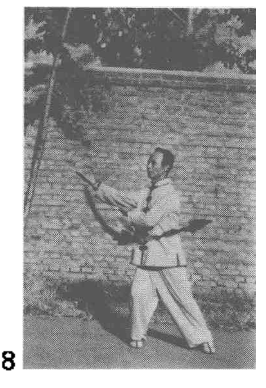
1. Continued from preceding movement. Hips turn left, and upper body turns to east to form left bow stance. At the same time, left hand rotatesd outward to raise palm to the left side of body. Right hand rises to upper left from the right side of body to the front of right chest; wrist droops, palm faces left, fork upward, and palm tip points forward. Look to east. (figs. 1, 2 and 3)

2. Without any pause, hips turn left slightly to form left bow stance. Following hips rotation, reverse left wrist, and left hand moves in a horizontal circle to the left side of body, at a level higher than left waist; palm faces downward and fork inward. Right hand turns into thumb-tucking palm, and, with elbow bending, thrusts to front at shoulder level. Force is applied at tips of fingers. Palm faces left and fork upward. Look at right hand. (fig. 4)

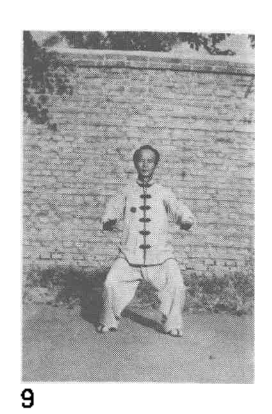
3. Without any pause, hips turn right to form side bow stance. Left palm pierces forward from left side of waist, and faces upward at shoulder level. Right palm rotates to the side of right waist with turn of hips, faces upward, and fork outward. Look to the due south. (figs. 5 and 6)



7



8



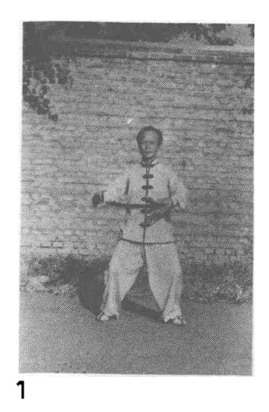
9

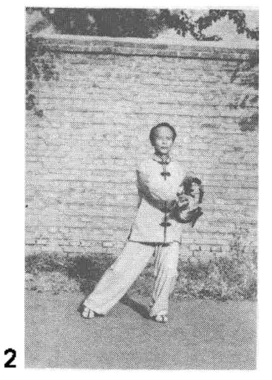
4、上動不停，胯向右旋成右弓步。右手隨胯右旋翻腕畫平圓至體右側，位于右腰旁，掌心朝下，虎口朝內；左手變扣指掌，屈臂，向上、向前，戳頂擊出，力在指尖，掌高與肩平，掌心朝右，虎口朝上。眼視左手。（圖7）

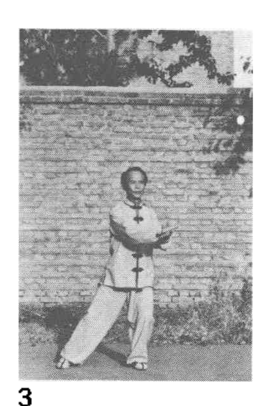
5、上動不停，胯向左旋成馬步。右手從右腰旁翻腕向前穿掌，掌心朝上，高與肩平；左手隨胯左旋至腹前，掌心朝上。然後兩手隨胯旋轉同時收於身體兩側前方，成馬步雙按掌，手心朝下，虎口相對。眼視正南方。（圖8、9）

㈥左右旋轉蓮花掌

1、承上勢，胯向左旋，重心移至左腿上成横襠步。同時兩手向前伸，兩手隨胯左旋手腕內側相貼，左手在下，掌心朝上，右手在上，掌心朝下。眼視前方。（圖1、2、3）


1


2

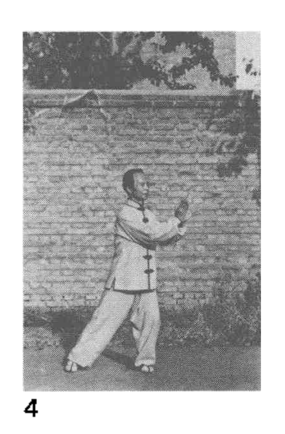

3

4. Wihtout any pause, hips turn right to form right bow stance. With turn of hips, reverse right wrist, and right hand moves in a horizontal circle to right side of body; palm faces downward and fork inward. Left hand changes into thumb-tucking palm, and, with elbow bending, thrusts to forward front at shoulder level. Force is applied at tips of fingers. Palm faces right and fork upward. Look at left hand. (fig. 7)

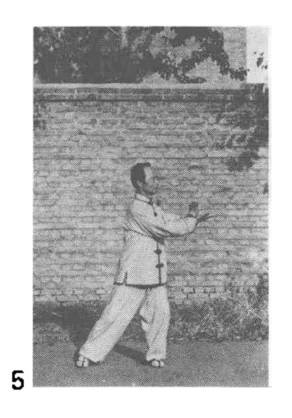
5. Without any pause, hips turn left to form horse stance. Right palm pierces forward from side of right waist, and faces upward at shoulder level. Left palm rotates to the front of abdomen with turn of hips, and faces upward. Then two palms withdraw to the front sides of body simultaneously to form down-pressing palms in horse stance. Palms face downward and forks face to each other. Look to south. (figs. 8 and 9)

(VI) Rotating Lotus Palm, Left-Right Style

1. Continued from preceding movement. Hips turn left, and weight shifts onto left leg to form side bow stance. At the same time, hands thrust forward, and with left turn of hips, wrists stick to each other. Left hand remains under, with palm upward; right hands remains above, with palm downward. Look to straight ahead. (figs. 1, 2 and 3)



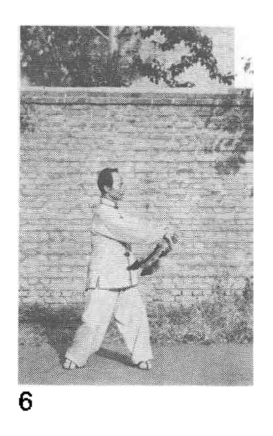
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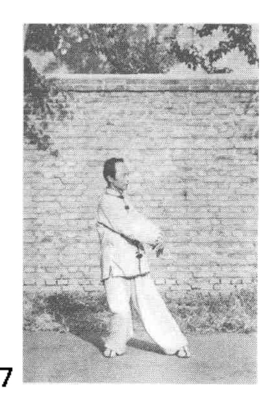
5

2、上動不停，胯向左旋，重心移至左腿上，成左弓步。兩手腕貼緊，作小舞花旋轉（順時方向）；兩手掌向後伸張，成蓮花狀，旋轉半圓。眼看兩手。（圖4、5）

3、上動不停，下體後坐，重心移至右腿上，成左虛步。兩手腕放鬆，掌指下垂於腹前。眼視前方。（圖6、7）



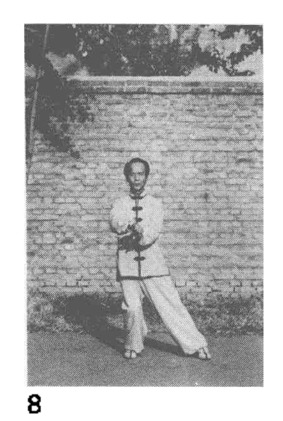
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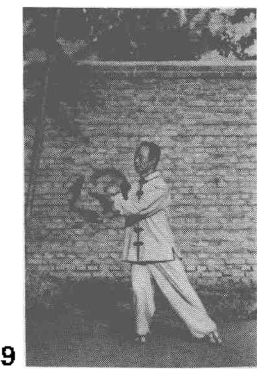
7

2. Without any pause, hips turn left, and weight shifts onto left leg to form left bow stance. Two wrists stick to each other tightly and rotate clockwise. Two palms move backward to form as a lotus and rotate in a semi-circle. Look at two hands. (figs. 4 and 5)

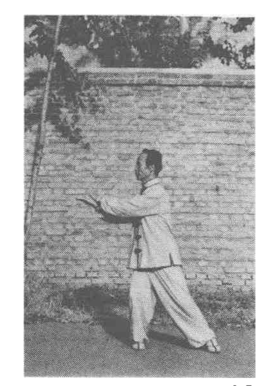
3. Without any pause, upper body inclines backward, and weight shifts onto right leg to form left empty stance. Two wrists loosen, and palm tips droop in front of abdomen. Look straight ahead. (figs. 6 and 7)



8



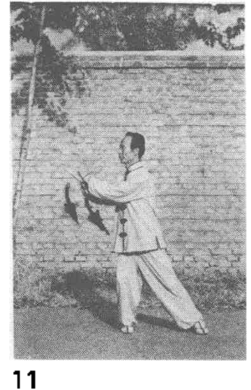
9

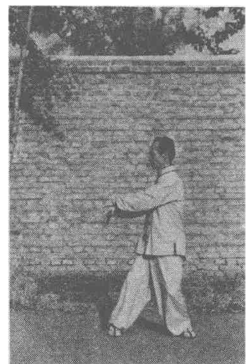


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4、上動不停，胯向右旋成右弓步。兩手腕貼緊，作小舞花旋轉（逆時方向）：兩手掌向後伸張，成蓮花狀，旋翻半圓。眼看前方。（圖8、9、10）

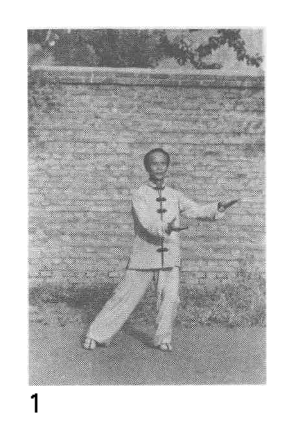
5、上動不停，上體後坐，重心移至左腿上，成右虛步。兩手腕放鬆，掌指下垂於腹前。眼視前方。（圖11、12）


11


12

4. Without any pause, hips turn right to form right bow stance. Two wrists stick to each other tightly and rotate counter-clockwise. Two palms move backward to form as a lotus and rotate in a semi-circle. Look straight ahead. (figs. 8, 9 and 10)

5. Without any pause, upper body inclines backward, and weight shifts onto left leg to form right empty stance. Two wrists loosen, and palm tips droop in front of abdomen. Look straight ahead. (figs. 11 and 12)


1

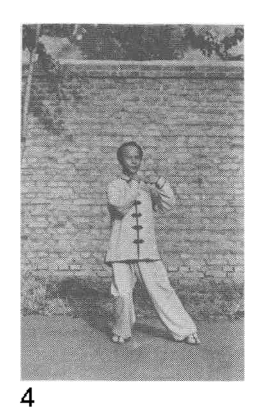

2


3

(七)左右扣腕頂指掌

1、承上勢，胯向左旋，重心移至左腿上，成左弓步。同時兩手隨胯左旋至體前：左手掌心朝上，高與肩平，虎口朝左；右手掌心朝上，虎口朝外移至胸口前。眼視前方。（圖1、2）

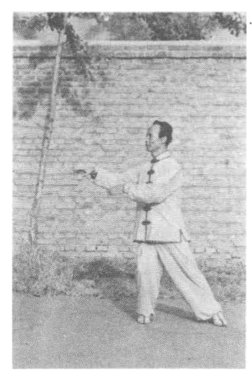
2、上動不停，上體後坐，重心移至右腿上，成左虛步。隨之上體隨胯右旋，同時兩掌以腕爲軸，向上，向裏、向下翻轉成虎掌。繼而邊轉邊向西南前方伸指頂戳擊出，成扣指掌，右掌在前，高與胸平；左掌在後，掌心朝右，護於右肘內側。兩臂微屈，眼視右掌。（圖3、4、5、6）



4



5

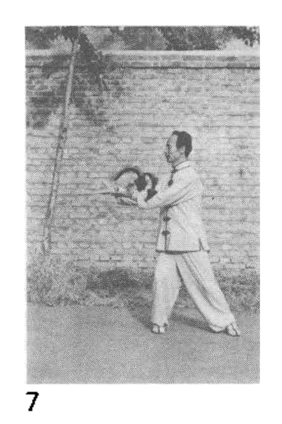


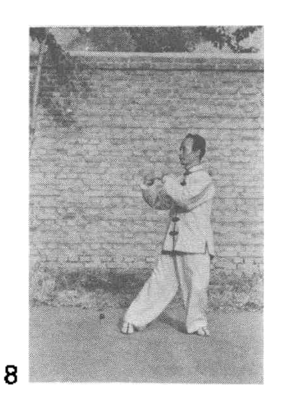
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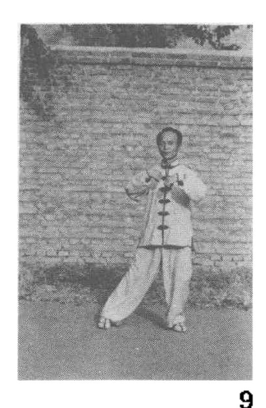
(VII) Wrist-Tucking and Finger-Thrusting Plam, Left-Right Style

1. Continued from preceding movement. Hips turn left, and weight shifts onto left leg to form left bow stance. At the same time, palms rotates to the left side of body: Left palm faces upward at shoulder level and fork faces left. Right palm faces upward, with fork facing outward, and moves to the front of chest. Look straight ahead. (figs. 1 and 2)

2. Without any pause, upper body inclines backward, and weight shifts onto right leg to form left empty stance. Upper body turns right with hips. At the same time, two palms rotate, with wrists as pivots, in upper-inward-lower direction, to become tiger-claw palms, then intercept out in southwest-forward direction, and become thumb-tucking palms. Right palm remains in front at chest level, and left palm remains behind, facing right and protecting inner side of right ribs. Two arms bend slightly. Look at right palm. (figs. 3, 4 ,5 and 6)

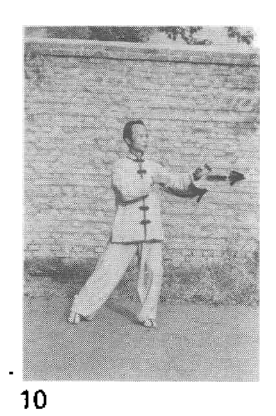

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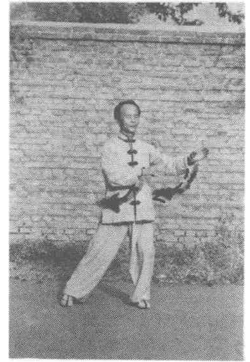

9

3、上動不停，上體後坐，重心移至左腿上，成右虛步。隨之上體隨胯左旋，同時兩掌以腕爲軸，向上、向裏、向下翻轉成虎掌。繼而邊轉邊向東南前方伸指頂戳擊出，成扣指掌，左掌在前，高與胸平；右掌朝後，掌心朝上護於左肘內側。兩臂微屈，眼視右掌。（圖7、8、9、10）

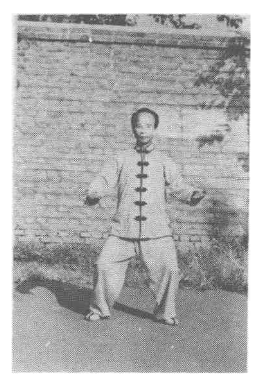
4、上動不停，胯向右旋，成馬步。兩手隨胯右旋至體前兩側，左手掌心朝上，虎口朝外；右手掌心朝下，虎口朝內。眼平視前方。（圖11、12）



10



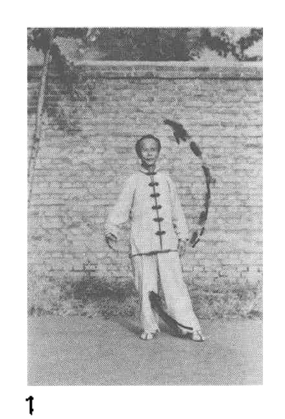
11



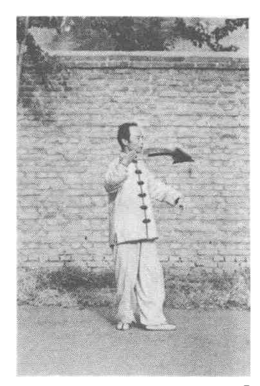
12

3. Without any pause, upper body inclines backward, and weight shifts onto left leg to form right empty stance. Upper body turns left with hips. At the same time, two palm rotate, with wrists as pivots, in upward-inward-lower direction, to become tiger-claw palms, then intercept out in southeastern-forward direction, and become thumb-tuckingh palms. Right palm remains in front at chest level, and left palm remains behind, facing left and protecting inner side of left ribs. Two arms bend slightly. Look at right palm. (figs. 7, 8, 9 and 10)

4. Without any pause, hips turn right to form horse stance. Two palms rotate right, with turn of hips, to the front sides of body. Left palm faces upward and fork outward. Right palm faces downward and fork inward. Look straight ahead. (figs. 11 and 12)


1


2


3

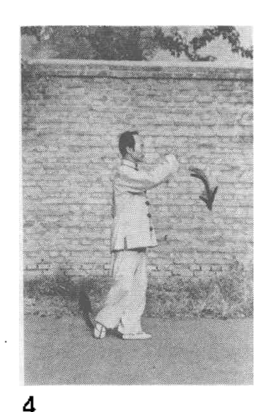
㈧左右旋轉劈空掌

1、承上勢，上體後坐，重心移至右腿上。同時兩手向體側分開至胯旁。眼視前方。（圖1）

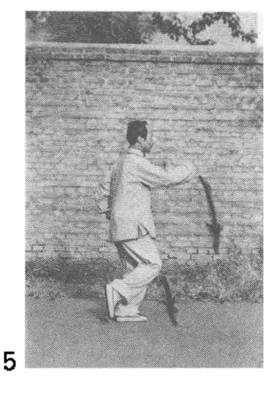
2、上動不停，左腿屈膝提起，至右腿膝前，腳尖朝下，腳內側朝外。右手不動，掌心朝內，虎口朝前；左手由體側向上向前畫弧亮掌至頭左上方，掌心斜朝上，虎口朝右，小指一側用力。眼視前方。（圖2）

3、上動不停，左腳下落至右腳左前方，繼之左轉。左手下落，至胯旁；右手向上提至耳垂旁，掌心朝裏，虎口朝上，掌指朝前。眼視前方。（圖3）

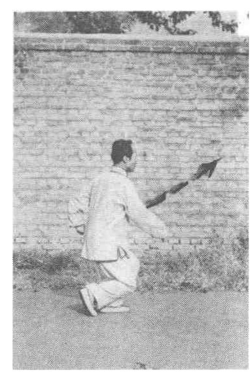
4、上動不停，左腿屈膝下蹲，右腿屈膝成跪步。腳跟抬起，腳尖點地。同時右手向前、向下垂腕插掌，掌心朝裏，虎口朝前，掌指朝下，力在指尖。（圖4、5、6）



4



5



6

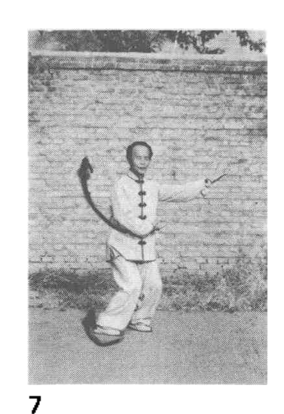
(VIII) Rotating Empty-Hacking Palms, Left-Right Style

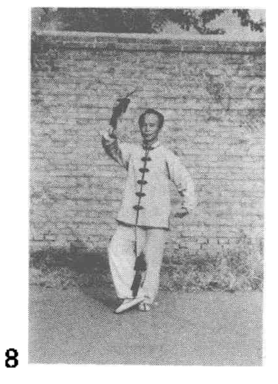
1. Continued from preceding movement. Upper body inclines backward, and weight shifts onto right leg. At the same time, two hands move apart to the sides of hips. Look straight ahead. (fig. 1)

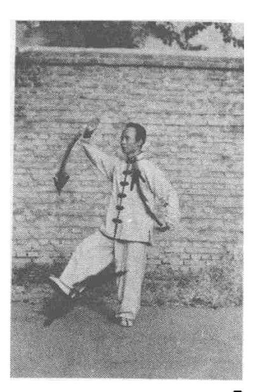
2. Without any pause, left leg bends to lift to the front of right knee, with tiptoe pointing downward and inner side of foot facing outward. Right palm remains still, facing inward, and fork faces forward. Left palm moves in a curve from the side of body in upper-forward direction, and poises itself at upper left of head, palm faces upward obliquely, and fork rightward. Force is applied at the side of little finger. Look straight ahead. (fig. 2)

3. Without any pause, left foot lands on left front of right foot, and then turns left. Left hand drops to the side of hip. Right palm lifts up to side of ear, facing inward, fork faces upward, and palm tip points forward. Look straight ahead. (fig. 3)

4. Without any pause, left leg bends to squat. Right leg bends to form kneeling stance with its heel off ground. At the same time, right palm, with wrist dropping, pierces to lower front, and faces inward; fork faces forward and palm tip downward. Force is applied at finger tips. (figs. 4, 5 and 6)


7


8


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5、上動不停，胯邊向右旋，身體邊從跪步徐徐站立。左手向上向前穿掌，高與肩平，掌心朝上，虎口朝外；右手隨胯右旋至腹前，眼視前方。（圖7）

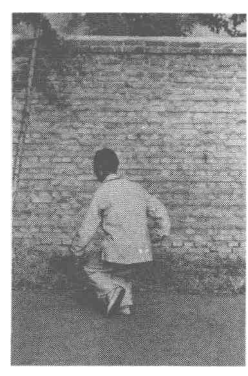
6、上動不停，胯向右旋，重心移至左腿上，右腿屈膝提起，至左腿膝前，脚尖朝下，脚內側朝外。左手下落至左胯旁，掌心朝上，虎口朝前；右手由腹前經體側，向上、向前畫弧亮掌至頭左上方，掌心斜朝上，虎口朝左，小指一側用力。眼視前方。（圖8）

7、上動不停，右脚下落至左脚右前方，繼之右轉。右手下落至胯旁；左手向上提至耳垂旁，掌心朝裏，虎口朝上，掌指朝前。眼視前方。（圖9、10）

8、上動不停，右腿屈膝下蹲。左腿屈膝成跪步，脚跟抬起，脚尖點地。同時左手向前、向下垂腕插掌，掌心朝裏，虎口朝前，掌指朝下，力在指尖。（圖11、12）


10


11

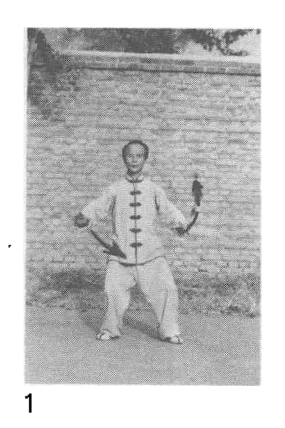

12

5. Without any pause, as hips turn right, body rises from kneeling stance. Left palm pierces to upper front at shoulder level, facing upward, and fork faces outward. Right hand rotates to the front of abdomen with turn of hips. Look straight ahead. (fig. 7)

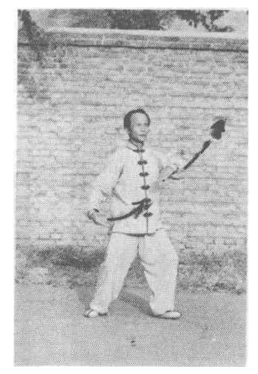
6. Without any pause, hips turn right, and weight shifts onto left leg. Right leg bends to rise to the front of left knee, with tiptoe pointing downward and inner side of foot facing outward. Left palm drops to side of left hip, facing upward, and fork faces forward. Right palm moves in a curve from the front of abdomen and the side of body in upward-forward direction, and poises itself in upper left of head; palm faces upward obliquely, and fork leftward. Force is applied to side of little finger. Look straight ahead. (fig. 8)

7. Without any pause, right foot lands on the right front of left foot, and then turns right. Right hand drops to side of hip. Left palm rises to the side of ear, facing inward, fork faces upward, and palm top points forward. Look straight ahead. (figs. 9 and 10)

8. Without any pause, right leg bends to squat. Left leg bends to kneel down, with left heel off ground and tiptoe on ground. At the same time, left palm, with wrist drooping, pierces to the lower front, and faces inward; fork faces forward and palm tip downward. Force is applied at finger tips. (figs. 11 and 12)



1

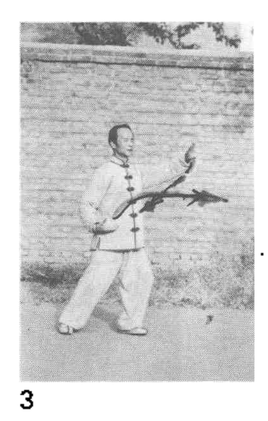


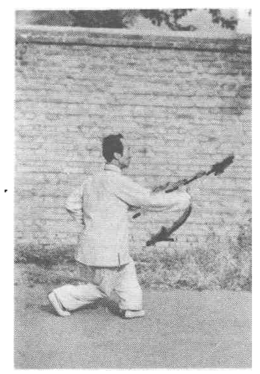
2

㈨左右旋轉摟戳掌

1、承上勢，變馬步。兩手隨胯左旋位於側前兩側，掌心朝下，虎口相對，高與腰平。眼視前方。（圖1）

2、上動不停，胯向左旋，成左弓步，繼之下蹲成左歇步。同時左手向右、向前、向後摟手至左腰旁；右手向上、向前旋臂頂戳擊出，高與胸平，掌心朝左，虎口朝上，掌指朝前，力在指尖。眼視前方。（圖2、3、4）

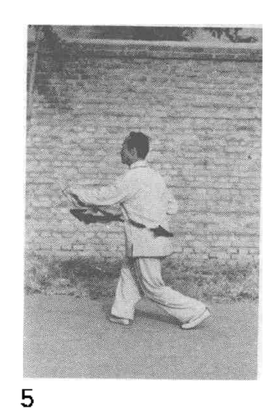

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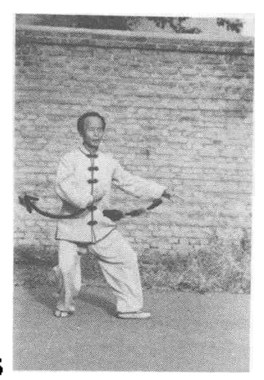
(IX) Rotating Grabbing and Intercepting Palm, Left-Right Style

1. Continued from preceding movement. Two palms rotate left with turn of hips to the front sides of body to formed horse stance, facing downward; forks face to each other at a level higher than waist. Look straight ahead. (fig. 1)

2. Without any pause, hips turn left to form left bow stance, and then squat to form left cross-legged stance. At the same time, left hand grabs in right-forward direction to the side of left waist. Right arm rotates and intercepts to upper front at chest level; palm faces leftward, fork upward, and palm tip forward. Force is applied at tips of fingers. Look straigth ahead. (figs. 2, 3 and 4)



5



6



7

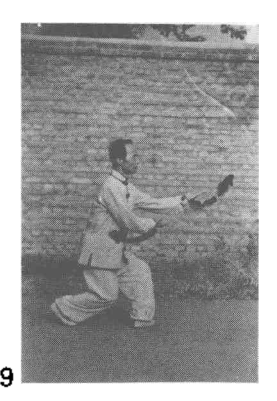
3、上動不停，胯向右旋，身體右轉成右弓步。左手向上、向前穿掌，掌心朝上，虎口朝外，高與肩平，繼之收於左腰旁，掌心朝上，虎口朝外；右手隨胯右旋擄手至右前方，掌心朝前，虎口朝左，高與肩平。眼視前方。（圖5、6、7）

4、上動不停，兩腿下蹲成右歇步。同時右手向後擄手至右腰；左手向上、向前旋臂頂戳擊出，高與胸平，掌心朝右，虎口朝上，掌指朝前，力在指尖。眼視前方。（圖8、9）

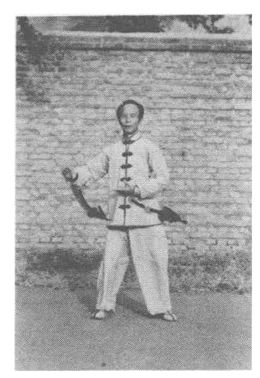
5、上動不停，胯向左旋，兩腿成開立步。兩手隨胯左旋，至體前兩側。眼視前方。（圖10）



8



9

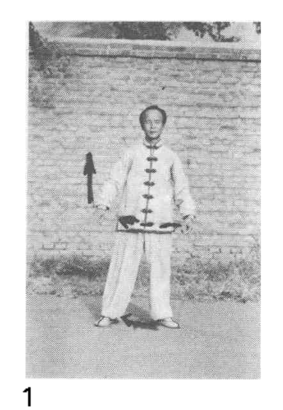


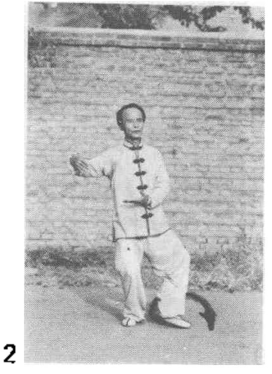
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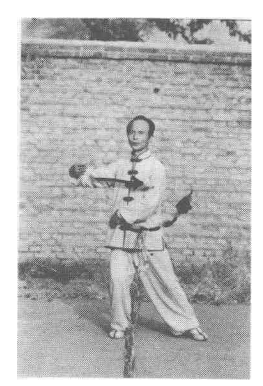
3. Without any pause, hips turn right, and body turns right to form right bow stance. Left palm pierces out to upper front, facing upward, and fork faces outward at shoulder level, and then left palm withdraws to the side of left waist, facing upward, and fork faces outward. As hips turn right, right palm grabs to the right front, facing forward, and fork faces left at shoulder level. Look at right hand. (fig. 5, 6 and 7)

4. Without any pause, two legs squat to form right cross-legged stance. At the same time, right hand grabs backward to the side of right waist. Left palm rotates in upward-forward direction and intercepts out at chest level, facing rightward, and fork faces upward; palm tip point forward. Force is applied at tips of fingers. Look straight ahead. (fig. 8 and 9)

5. Without any pause, hips turn left. Two legs stand with feet shoulder-width apart. Hands move to the left with hips to the side of body. Look straight ahead. (fig. 10)


1

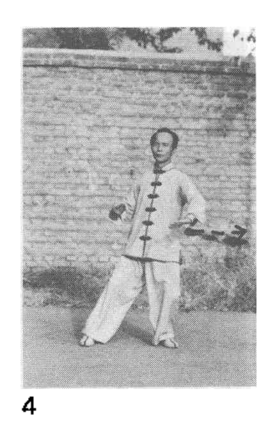

2


3

㈩左右括弧前推掌

1、承上勢，兩脚開立。兩手下垂，掌心朝裏，虎口朝前，位於胯旁。眼平視前方（圖1）

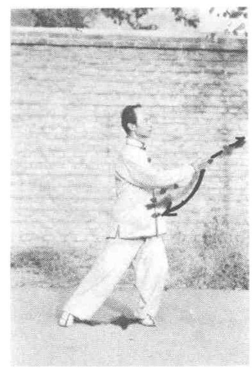
2、上動不停，胯向右旋，重心移至右腿上，左脚抬起，經右腿內側向左後方作↘括弧式成橫襠步，繼之胯向左旋，成左弓步。同時左手隨胯旋轉在腹前旋翻平抹摟手，至左胯旁，掌心朝下，虎口朝裏；右手隨兩腿成左弓步時向前旋臂推掌，高與胸平，臂微屈，掌心朝前，虎口朝上。眼視前方。（圖2、3、4、5、6）



4



5

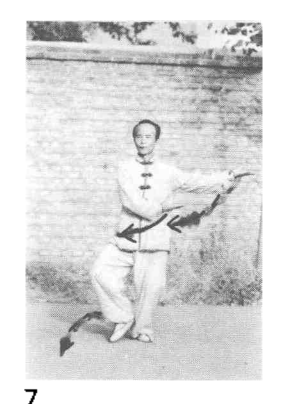


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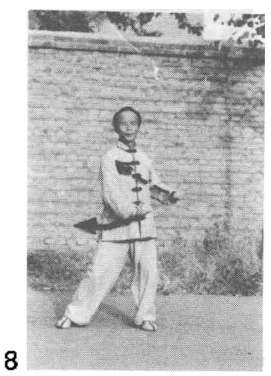
(X) Parenthesis Forward Pushing Palm, Left-Right Style

1. Continued from preceding movement. Stand with feet shoulder-width apart. Two hands droop at sides of hips, palms face inward, and fork faces forward. Look straight ahead. (fig. 1)

2. Without any pause, hips turn right, and weight shifts onto right leg. Left foot rises and moves through inner side of right leg in shape arc in left-backward direction to form side bow stance. Then hips turn left to form left bow stance. At the same time, left palm, with turn of hips, rotates in front of abdomen, moves in a level circle, and grabs to the side of left hip; palm faces downward, and fork faces inward. As two legs form left bow stance, right palm rotates to push forward at chest level; arm bends slightly, palm faces forward, and fork faces upward. Look straight ahead. (figs. 2, 3, 4, 5 and 6)



7



8

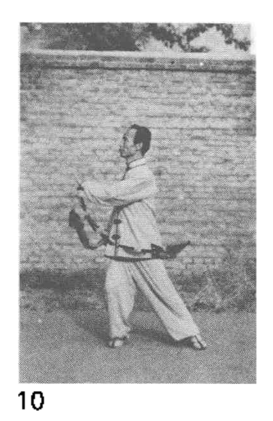


9

3、上動不停，胯向右旋，重心移至左腿上。右脚抬起，經左腿內側向右後方作↙括弧式成橫襠步。繼之胯向右旋，成右弓步。同時右手隨胯旋轉在腹前旋翻平抹摟手，至右胯旁，掌心朝下，虎口朝裏；左手隨兩腿成右弓步時向前旋臂推掌，高與胸平，臂微屈，掌心朝前，虎口朝上，眼視前方。（圖7、8、9、10）

（十一）左右括弧歇步掌

1、承上勢、胯向左旋，兩腿站立。兩手隨胯左旋成環抱式，位於體側前。眼視前方。（圖1）


10

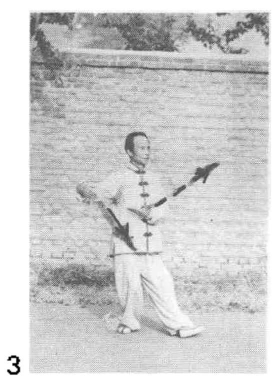

1

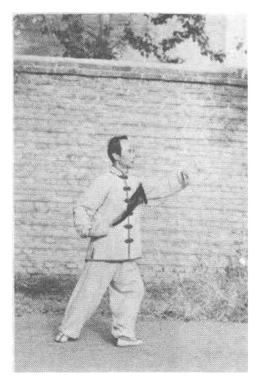
3. Without any pause, hips turn right, and weight shifts onto left leg. Right foot rises and moves through inner side of left leg in shape arc in right-backward direction to form side bow stance. Then hips turn right to form right bow stance. At the same time, right palm, with turn of hips, rotates in front of abdomen, moves in a level circle, and grabs to the side of right hip; palm faces downward, and fork faces inward. As two leg form right bow stance, left palm rotates to push forward at chest level; arm bends slightly, palm faces forward, and fork faces upward. Look straight ahead. (figs. 7; 8, 9 and 10)

(XI) Parenthesis Cross-Legged Palm, Left-Right Style

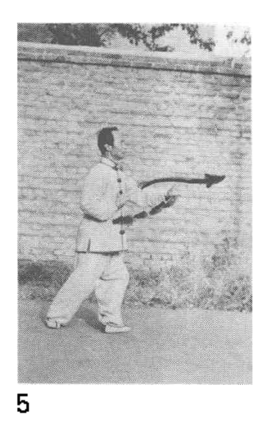
1. Continued from preceding movement. Hips turn left. Stand upright with feet together, and with turn of hips, two hands form ball-holding gesture in front side of body. Look straight ahead. (fig. 1)


2

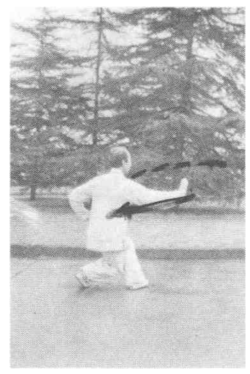

3


4

2、上動不停，重心移至右腿上，左腿抬起，經右腿內側向左前方作↗括弧式上步，腳尖翹起、外撇，重心前移落在兩腿上，下蹲成歇步。同時左手由左腰旁向右、向前、向後旋翻摟手至左胯旁，掌心朝下，虎口朝內，掌指朝前；右手由腰旁向上、向下、向前旋臂推出，高與胸平，掌心朝前，虎口朝左，掌指朝上，力在掌心。眼視前方。（圖2、3、4、5、6）

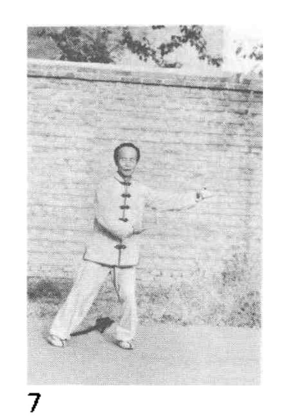


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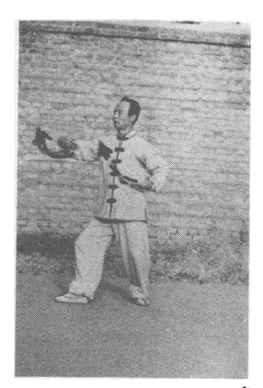
2. Without any pause, weight shifts onto right leg. Left foot lifts, and advances through inner side of right leg in shape arc in left-forward direction, with tiptoe tilting upward-outward. Weight shifts forward onto both legs, which squat to form cross-legged stance. At the same time, left palm rotates in right-forward-backward direction and grabs to the side of left hip from side of left waist, facing downward; fork faces inward and palm tip points forward. Right palm rotates is upward-downward-forward direction to push forward from waist side at chest level, facing forward; fork faces leftward and palm tip points upward. Force is applied at center of palm. Look straight ahead. (figs. 2, 3, 4, 5 and 6)



7



8



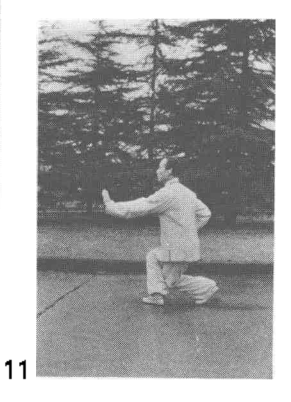
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3、上動不停，胯向右旋，重心移在左腿上。右腳抬起，經左腿內側向右前方作乀括弧式上步，腳尖翹起、外撇，重心前移落在兩腿上，下蹲成歇步。同時右手隨胯右旋向右、向前、向後旋翻摟手至右胯旁，掌心朝下，虎口朝內，掌指朝前；左手向前向上穿掌，隨胯右旋向下、向上、向前旋臂推出，高與胸平，掌心朝前，虎口朝右，掌指朝上，力在掌心。眼視前方。左右括弧歇步掌左右動作是對稱的，惟方向相反，圖5與圖10相同，圖6與圖11相同，只是方向相反。（圖7、8、9、10、11）

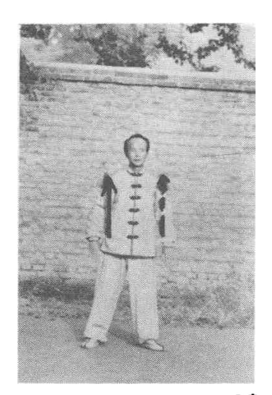
4、上動不停，胯向左旋，成開立步。兩手隨胯左旋下垂至胯旁。眼視前方。（圖12）



10



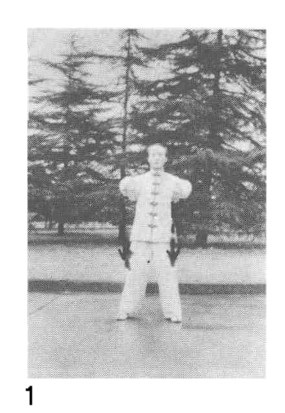
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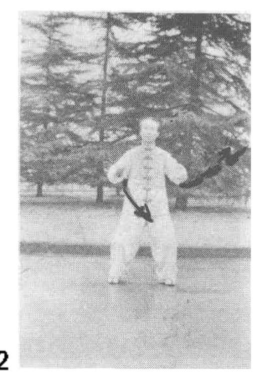


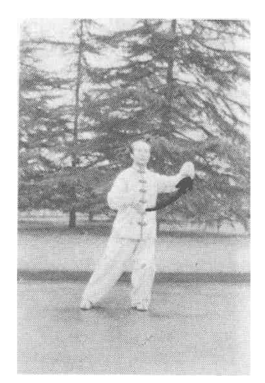
12

3. Without any pause, hips turn right, and weight shifts onto left leg. Right foot rises, and advances through inner side of left leg in shape arc in right-forward direction, with tiptoe pointing to upper outside. Weight shifts forward onto both legs, to squat to form cross-legged stance. At the same time, right palm rotates in right-forward-backward direction and grabs to the side of right hip, facing downward; fork faces inward and palm tip points forward. Left palm pierces forward and upward, and rotates, with right turn of hips, in downward-upward-forward direction to push out at chest level, palm side facing forward; fork faces right and palm tip points upward. Force is applied at center of palm. Look straight ahead. The movements in the figs. 10 & 11 are the same as those described respectively in figs. 5 & 6, but in the opposite direction. (figs. 7, 8, 9, 10 and 11)

4. Without any pause, hips turn left and legs stand with feet shoulder-width apart. Hands drop to sides of hips with left turn, Look straight ahead. (fig. 12)


1


2

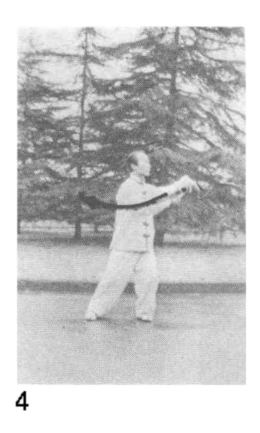

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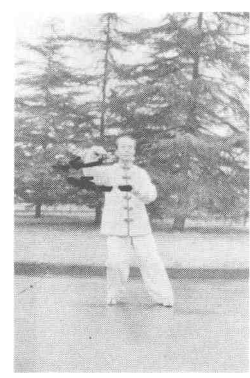
（十二）左右盤旋雲手掌

1、承上勢，兩腳開立，兩手屈腕由體側向前、向上徐徐提起，高與胸平。繼之兩腿屈膝下蹲成馬步。同時兩臂屈肘成圓弧形下按，兩掌鬆垂，掌心朝下，虎口相對。眼平視前方。（圖1、2）

2、上動不停，胯向左旋，成左弓步。同時左手隨胯旋轉向前、向上、向左提至左側，高與肩平，掌心朝下，虎口朝右，臂微屈；右手向斜前方穿至左掌下，虎口朝左，掌心朝下。眼視前方。（圖3、4）

3、上動不停，上體後坐，重心移至右腿上成橫襠步。繼而胯向右旋，兩手作盤旋雲手：右手平雲屈臂，垂掌，至右耳旁，掌心朝下，虎口朝內；左手至胸前，掌心朝下，虎口朝內。眼視正前方。（圖5）


4

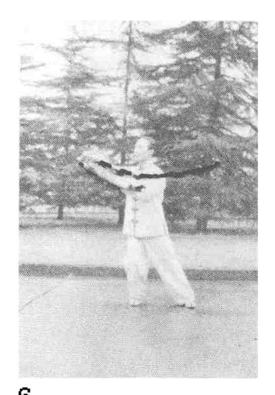

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(XII) Coil Cloud-Hand Palm, Left-Right Style

1. Continued from preceding movement. Stand with feet shoulder-width apart. Hands rise slowly forward and upward from sides of body, with wrists bending, to shoulder level. Legs bend in squat to form horse stance. At the same time, arms bend to form a round arc to press downward. Palms droop, facing downward, and forks face to each other. Look straight ahead. (figs. 1 and 2)

2. Without any pause, hips turn left to form left bow stance. At the same time, with turn of hips, left palm rises forward, upward and to left side of body at shoulder level; palm faces downward, fork faces right, and arm bends slightly. Right palm pierces in oblique-forward direction to under left palm, palm facing downward, and fork leftward. Look straight ahead. (figs. 3 and 4)

3. Without any pause, upper body inclines backward, and weight shifts onto right leg to form right bow stance. Then hips turn right, and hands form coil cloud ones: Right hand become horizontal wave hand, arm bends, palm drops to side of right ear, facing downward, and fork faces inward; left palm moves to front of chest, facing downward, and fork faces inward. Look straight ahead. (fig. 5)



6



7



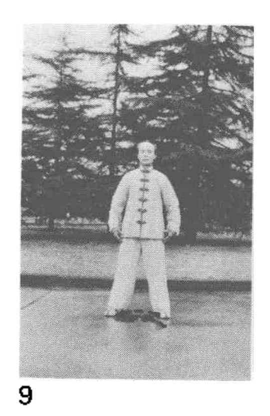
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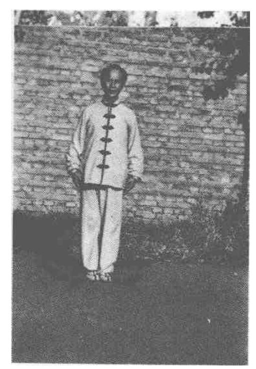
4、上動不停，胯向右旋，成右弓步。同時右手隨胯旋轉向前、向上、向右雲至體右側，高與肩平，掌心朝下，虎口朝前，臂微屈；左手隨胯旋轉至右胸前，掌心朝內，虎口朝上。眼視前方。（圖6）

5、上動不停，胯向左旋，成開立步。同時兩手作盤旋雲手：左手半雲，屈臂、垂掌，至左耳旁，掌心朝下，虎口朝外；右手隨胯左旋至右胸前，屈臂，掌心朝內，虎口朝上。眼視前方。（圖7）

6、上動不停，重心仍在兩腿上成開立步。兩手成下按掌，高與肩平，掌心朝下，虎口相對。眼視兩手。（圖8）

7、上動不停，兩腳並攏，兩手下垂於胯兩側，成直立。眼平視前方。結束（圖9、10）


9

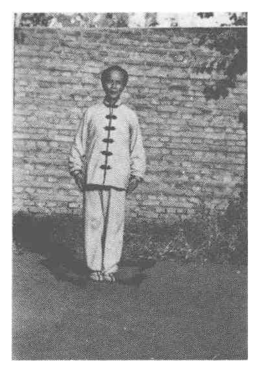

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4. Without any pause, hips turn right to form right bow stance. At the same time, with turn of hips, right hand threads in forward-upward-right direction to the right side of body at shoulder level; palm faces downward, fork forward, and arm bends slightly. Left palm moves to the front of right chest with turn of hips, facing inward, and fork faces upward. Look to front. (fig. 6)

5. Without any pause, hips turn left to stand with feet shoulder-width apart. At the same time, two hands form "Wave Hands Like Clouds": Left hand threads horizontally, arm bends, palm drops to the side of left ear, facing downward, and fork faces outward; right palm moves to the front of right chest with turn of hips, arm bends, palm faces inward, and fork upward. Look straight ahead. (fig. 7)

6. Without any pause, weight still remains on both legs, which stand with feet shoulder-width apart. Palms press downward at shoulder level, facing downward, and forks face each other. Look straight ahead. (fig. 8)

7. Without any pause, feet draw together, hands drop to the sides of hips. Stand at attention. Look straight ahead. Resuming position.(figs. 9 and 10)



1

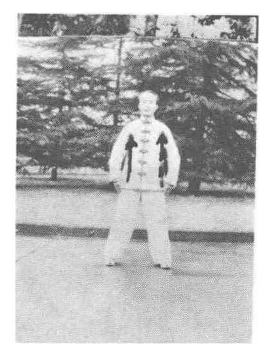
三、武當太乙五行擒撲二十三式

預備勢（無極式）：設面南起勢

兩腳並步站立，兩臂自然下垂於體側，肘微屈（肘肋相距約一拳寬），兩手掌自然分開成八字掌，中指貼對褲縫，掌心朝裏，虎口朝前。上體沉肩，平胸、直背，頭部下頦內收，虛靈頂勁，舌抵上腭，意守湧泉。眼平視正南。（圖1）

起勢：混元一氣　旋轉乾坤

1、兩腳尖外展如“V”字形，寬與肩同，繼之兩腳跟外轉，與兩肘尖上下相對，腳尖微向內扣如“八”字形，兩腳成開步站立，膝部微屈。上體與兩手臂仍成上勢不變。（圖2）



2

III. 23 Wudang Taiyi Wuxing Grappling-Pouncing Techniques

Ready Position (Wuji Position): Face south to start.

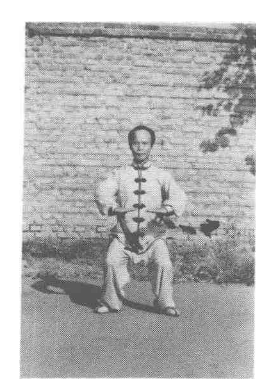
Stand with feet together. Arms naturally droop to sides of body, and elbows bend slightly. There is about one-fist distance between elbows and ribs. Fingers naturally form eight-character palms. Middle fingers stick to trouser seams, palm facing inward, and forks forward. Shoulders droop, chest remains level and back upright. Lower jaw draws in, and tongue sticks to upper teeth. Mind concentrates on *Yongquan*. Look to south. (fig. 1)

Starting Movement: Vitality and Qi Combine in Perfect Harmony to Rotate the Universe

1. Tiptoes stretch outward to form a "V" shape at shoulder width. Then heels turn outward to face elbow tips vertically. Tiptoes tuck inward slightly in the gesture of "Left Hand Rule". Stand with feet shoulder-width apart. Knees bend slightly. Upper body and arms remain unchanged. (fig. 2)


3


4

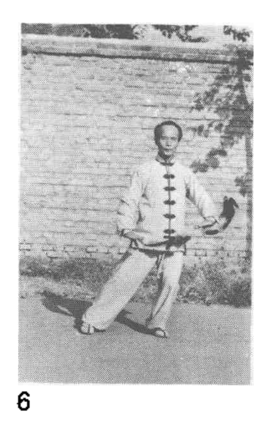

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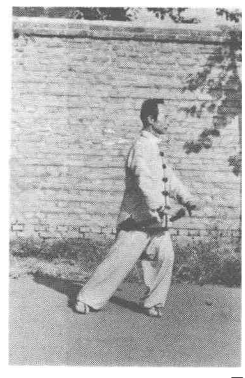
2、兩腳不動，兩臂由體側向前向上屈腕，徐徐提起，高與胸平，兩臂屈肘成圓弧形，兩掌鬆垂，掌指朝下，掌心朝裏，虎口相對，與胸同寬。眼平視前方。（圖3）

3、上動不停，兩肩向後鬆沉（即肩關節微向上提起約三分，復向後沉，使肩胛自然縮靠貼近），同時兩掌上翻、坐腕、翹指，高與肩平，掌心朝前，拇指相對，兩臂仍成圓弧形。眼平視前方。（圖4）

4、上動不停，兩腿屈膝下蹲成馬步，同時兩掌下按，掌心朝下（意在中指），虎口相對，高與腹平，兩臂仍成圓弧形。眼平視前方。（圖5）

5、上動不停，胯向左旋，兩腿由馬步轉換成左弓步，上體隨胯轉向正東。同時兩臂仍成圓弧形向左畫弧擺動，兩掌隨之由八字掌變爲扣指掌（劈空掌），手腕內扣，中指相對，掌心朝下，高與腰平。眼平視前方。（圖6、7）


6

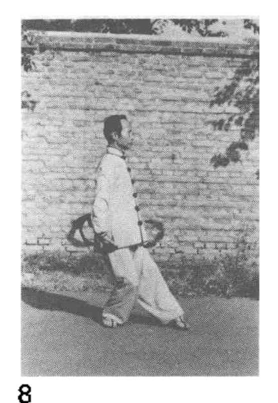

7

2. Feet remain still. Raise arms slowly from both sides, with wrists bending towards upper front at chest level. Elbows bend to form a round arc. Palms droop, palm tips point downward, palms face inward, and forks face to each other at chest width. Look straight ahead. (fig. 3)

3. Without any pause, shoulders droop backward (Shoulder joints rise three cm high, and then incline backward to let shoulder blades draw close naturally). At the same time, palms tilt upward, with wrists sitting and fingers turning upward at shoulder level; palms face forward, with thumbs facing each other. Arms still form a round arc. Look straight ahead. (fig. 4)

4. Without any pause, legs bend to form horse stance. At the same time, palms press downward, palm side facing downward (Mind concentrates in middle fingers), and forks face each other at abdomen level. Arms still remain a round-arc form. Look straight ahead. (fig. 5)

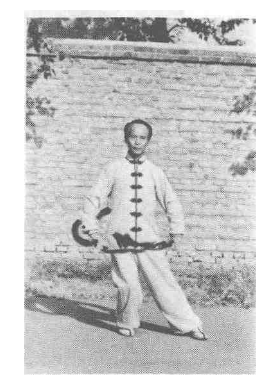
5. Without any pause, hips turn left. Change horse stance into left bow stance. Upper body turns to east accordingly. At the same time, arms still remain a round-arc form and swing in a curve to the left. The gesture of "the left hand rule" palms change into thumb-tucking (empty-hacking) palms. Wrists tuck inward, middle fingers point to each other; palms face each other at waist level. Look straight ahead. (figs. 6 and 7)



8



9

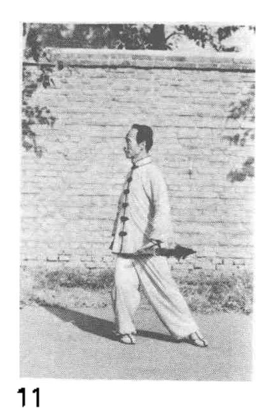


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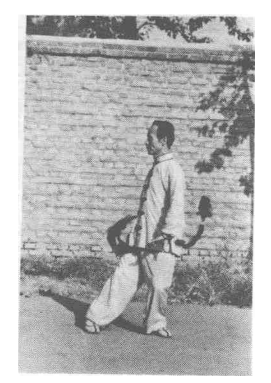
6、上動不停，上體後坐，重心移至右腿上，成左虛步，同時兩肩後沉，兩臂由前向後分開至身體兩側，兩掌隨之按至胯旁，手腕內扣，掌指斜朝前方，掌心朝下，面朝正東。眼平視前方。（圖8、9）

7、上動不停，胯向右旋，兩腿經橫襠步轉換成右弓步，上體隨胯轉向正西。同時兩臂仍成圓弧形向左畫弧擺動，兩掌仍爲扣指掌，手腕內扣，中指相對，掌心朝下，高與腰平。眼平視前方。（圖10、11）

8、上動不停，上體後坐，重心移至左腿上，成右虛步。同時兩肩後沉，兩臂由前向後分開至身體兩側，兩掌隨之按至胯旁，手腕內扣，掌指斜朝前方，掌心朝下，面對正西。眼平視前方。（圖12）



11

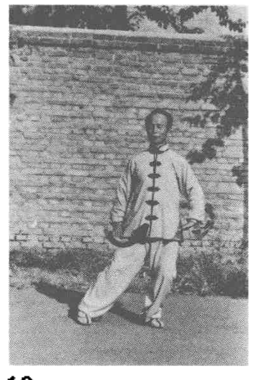


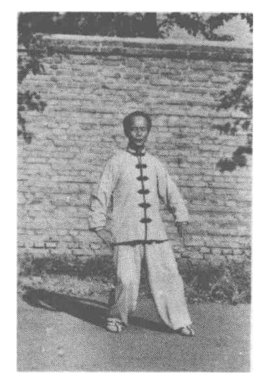
12

6. Without any pause, upper body inclines backward, and weight shifts onto right leg to form left empty stance. At the same time, shoulders droop backward, and arms move apart from front to both sides of body. Palms press downward to the sides of hips accordingly. Wrists tuck inward, palm tips point forward obliquely, and palms face downward. Face eastward. Look straight ahead. (fig. 8 and 9)

7. Without any pause, hips turn right. Change side bow stance into right bow stance. Upper body turns to west with movement of hips. At the same time, arms still remain a round arc and swing in a curve to the left. Palms still remain thumb-tucking ones, wrists tuck inward, middle fingers point to each other, and palms face downward at waist level. Look straight ahead. (figs. 10 and 11)

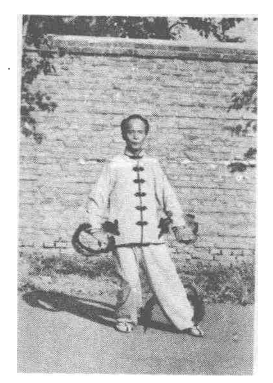
8. Without any pause, upper body inclines backward, and weight shifts onto left leg to form right empty stance. At the same time, shoulders droop backward, and arms move apart from front to both sides of body. Palms press downward to the sides of hips accordingly. Wrists tuck inward, palm tips point forward obliquely, and palms face downward. Face westward. Look straight ahead. (fig. 12)


13


14

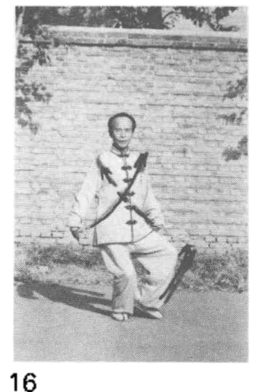
9、上動不停，胯向左旋，兩腿成橫襠步，上體隨胯轉向西南。同時兩臂仍成上動姿勢，隨胯向左轉動，兩掌仍按於兩胯旁，掌心朝下。眼平視前方。（圖13）

10、上動不停，胯繼續左旋，兩腿仍是橫襠步，但重心隨胯旋轉由左腿換到右腿上，上體隨胯轉向東南。同時兩臂仍成上動姿勢，隨胯向左轉動，兩掌仍按於兩胯旁，掌心朝下，眼平視東南。（圖14、15）

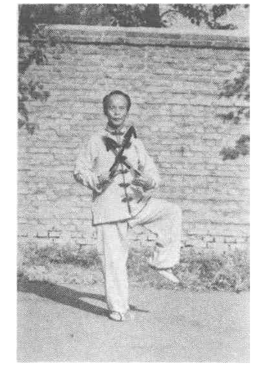

15

9. Without any pause, hips turn left, and legs form side bow stance. Following the rotation upper body turn to west. At the same time, arms remain unchanged and turn to the left with hips. Palms still remain downward-pressing gesture at hip sides, and face downward. Look straigth ahead to the southwest. (fig. 13)

10. Without any pause, hips countine to turn left, and legs still remain side bow stance. Weight shifts onto right leg from left leg with turn of hips, and upper body turns to southeast. At the same time, arms still remain unchanged and turn to the left with hips. Palms still remain downward-pressing gesture at sides of hips, and face downward. Look ahead to the southeast. (figs. 14 and 15)



16

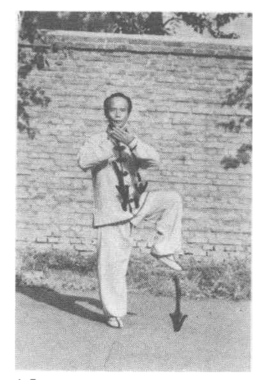


17

㈠白猿出洞　雙峯拜日

1、承上勢，胯稍向左旋，左腳向後、向右腳內側作↗括弧式收步，腳尖點地，腳面繃平，成左丁步。同時兩臂不動，兩掌由扣指掌變八字掌，在胯旁以腕爲軸向後旋轉上翻，掌心朝上，掌指對胯。上體隨胯右旋遂仍轉向東南。眼平視正南。（圖16）

2、上動不停，右腿伸直立起，左腿在體側屈膝上提，腳尖朝下，腳面自然下垂，成獨立步。同時兩手由胯旁向前、向上至胸前交叉，成十字掌（右內左外），掌心朝裏，沉肩垂肘，上體隨之偏轉向南。眼下視正南。（圖17、18）



18

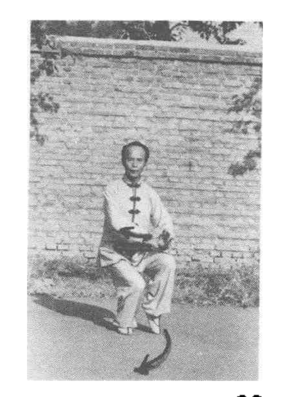
(I) White Ape Comes from Cave
Two Peaks Lie Prostrate Before the Sun

1. Continued from preceding movement. Hips turn left a bit. Left foot retreats backward and to inner side of right foot in . shape arc; tiptoe touches ground, and instep straightens to form left T stance. At the same time, arms remain still Thumb-tucking palms change into the gesture of "the left hand rule" palm, rotate backward with wrists as privots, and tilt upward at hip sides; palms face upward and palm tips point to hips. Upper body turns right with hips to face to the southeast. Look ahead to the south. (fig. 16)

2. Without any pause, right leg straightens to stand, and left leg bends to rise to body side, with tiptoe pointing downward and instep drooping naturally, to form one-legged stance. At the same time, palms move forward and upward from hip sides to the front of chest to form cross palms (right palm inside and left palm outside), and face inward. Shoulders and elbows droop. Upper body turns to south accordingly. Look ahead to the south. (figs. 17 and 18)



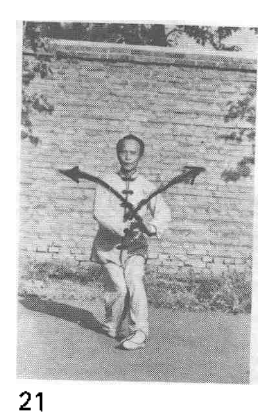
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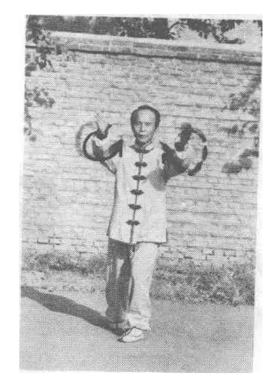


20

3、上動不停，右腿下蹲，上體隨之下沉，左脚下落至右脚內側，脚尖點地，成左丁步。同時兩臂內旋，兩掌仍成十字掌，翻轉向外，下按至左膝上，左掌心朝南，右掌心朝東。眼平視正南。（圖19、20）

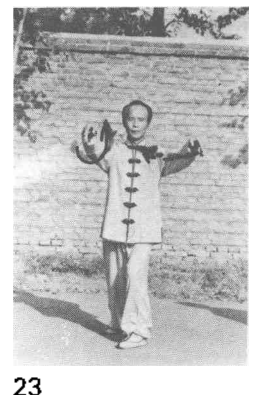
4、上動不停，左脚由右脚內側經左向南方向作⤥括弧式上半步，脚尖微內扣，上體隨之轉向正南，重心移至左腿上，屈膝前弓，右腿自然伸直，成左弓步。同時兩掌由八字掌變扣指掌，分別向東南、西南前上方劈出，掌心斜相對，掌距稍寬於肩，指與眉齊（平）。眼平視前方。（圖21、22）

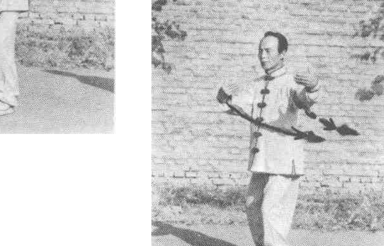

21

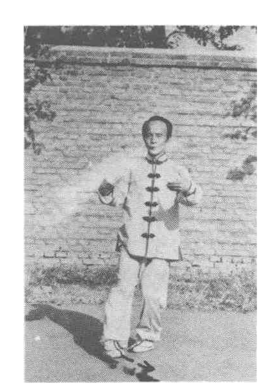

22

3. Without any pause, right leg squats, and upper body goes downward. Left foot lands at inner side of right foot, and tiptoe touches ground to form left T stance. At the same time, arms rotate inward. Cross palms rotate to face outward, and press downward onto left knee, with left palm facing southward and right palm eastward. Look ahead to the south. (figs. 19 and 20)

4. Without any pause, left foot advances half a step from inner side of right foot through left side to the due south in shape arc, with tiptoe tucking inward slightly. Upper body turns to south accordingly, and weight shifts onto left leg, which bends to form a forward bow; right leg straightens naturally to form left bow stance. At the same time, the gesture of "the left hand rule" palms change into thumb-tucking palms, hacking out to southeast and upper southwest; palms face to each other obliquely at a distance wider than shoulders. Fingers remain at brow level. Look straight ahead. (figs. 21 and 22)

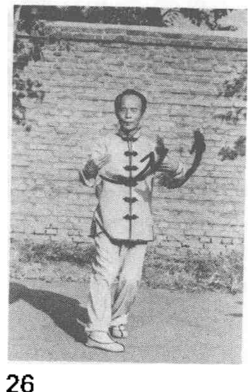

23


24

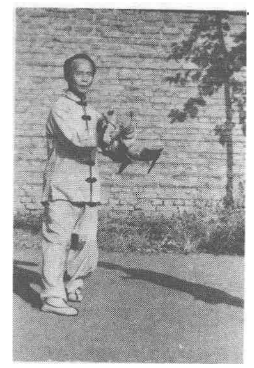

25

5、上動不停，兩掌隨之向下、向裏旋腕，拇指亦向下張開成八字掌，掌心朝下。胯隨即右旋，上體隨胯右轉，重心移至左腿上。右脚由後向前、向左脚內側作↖括弧式收步，脚尖點地，脚面繃平，成右丁步。同時兩臂外旋，以腕爲軸，使兩掌拇指向裏翻轉上挑，拇指朝上，掌心斜朝裏，左手高與肩平，右手高與胸平，兩臂屈如環抱式，沉肩上提。眼平視正西。（圖23、24）

6、上動不停，右脚由左脚內側向前方作↗括弧式上步，脚尖微內扣，左脚跟隨之內轉，左腿屈膝微蹲，成右虛步。同時上體隨胯左轉，兩臂仍成環抱式，使兩掌向左搬托，掌心朝上。眼視東南。（圖25、26、27）



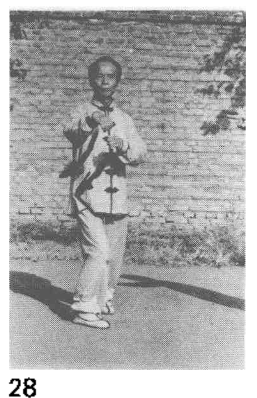
26

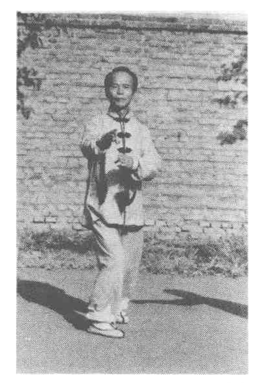


27

5. Without any pause, wrists rotate downward and inward; thumbs also stretch downward to form a gesture of "the left hand rule" palms, facing downward. Then hips turn right, andf upper body also retreats from behind to the front and inner side of left foot in shape arc, with tiptoe touching ground and instep straightening to form right T stancer. At the same time, arms rotate outward; thumbs rotate inward and tilt upward, with wrists as pivots; thumbs point upward, and palms face inward obliquely; left hand remains at shoulder level and right hand higher than chest. Arms bend to form ball-holding gesture, and lift the drooping shoulders. Look straight ahead. (figs. 23 and 24)

6. Without any pause, right foot advances from inner side of left foot to the front in shape arc, with tiptoe tucking inward slightly; left heel turns inward, and left leg bends to squat a bit to form right empty stance. At the same time, upper body turns left with hips, and arms still remain ball-holding gesture to let palms move to the left, both palms facing upward. Look ahead to the southeast. (figs. 25, 26 and 27)

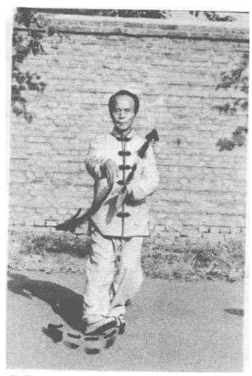

28


29

7、上動不停，上體隨胯右轉向南，重心向前偏移至右腿上，屈膝前弓，左腿自然伸直，成右弓步。同時兩掌以腕爲軸，向上、向裏、向下翻轉成虎掌，繼而邊轉邊向正南前方伸指頂戳擊出，成扣指掌。右掌在前，掌心朝左，高與胸平；左掌在後，掌心朝右，護於右肘內側，兩臂微屈。眼視正南。（圖28、29）

㈡勒馬懸崖　海底頂雲

1、承上勢，身體後坐，重心移至左腿上，屈膝微蹲，右腿自然伸直，成右虛步。同時兩臂仍同上勢，兩手隨之向前屈腕垂掌，掌指斜朝下，右掌高與胸平，左掌高與臍平。眼視正南。（圖30）



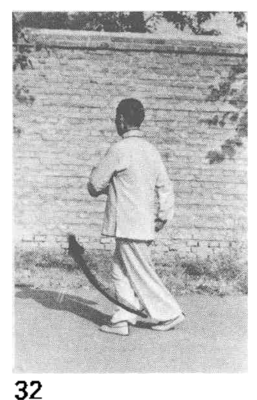
30

7. Without any pause, upper body turns right to face southward, and weight inclines forward onto right leg, which bends to form a forward bow, and and left leg naturally straightens to form right bow stance. At the same time, using the wrists as the axis, rotate palms in upward-inward-downward direction to become tiger-claw palms, and then pierce to south to become thumb-tucking palms as they rotate. Right palm remains in fornt, facing left at chest level; left palm remains behind, facing right and protecting inner side of right ribs. Arms bend slightly. Look ahead to the south. (figs. 28 and 29)

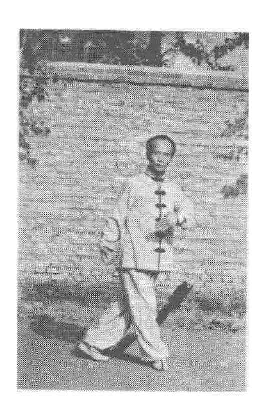
(II) Rein in Horse at Brink of Precipice Withstand Clouds at Bottom of Sea

1. Continued from preceding movement. Body inclines backward, weight shifts onto left leg, which bends and squats slightly; right leg naturally straightens to form right empty stance. At the same time, arms still remain unchanged, wrists bend forward, palms droop; palm tips point downward obliquely; right palm remains at chest level, and left palm at navel level. Look ahead to the south. (fig. 30)

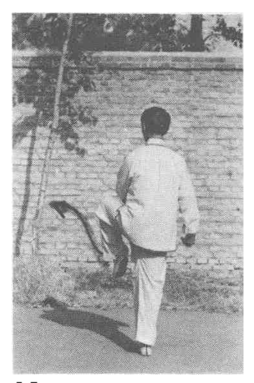
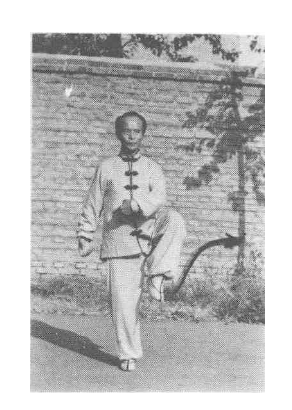

31


32

2、上動不停，右脚尖翹起外撇，胯向右旋，上體隨胯轉向西北，兩腿成交叉步，膝微屈，左脚跟抬起。同時右臂內旋，右掌隨之由胸前向下、向右胯後側變虎掌，反手（掌心朝後）擒拿，繼之臂外旋翻腕，虎口朝前，掌心朝上。左臂外旋，左掌隨之由臍前向上、向右、向下劈掌，小指一側向下，掌心斜朝裏，高與腰平，兩臂微屈。眼平視西北。（圖31、32正、反面）

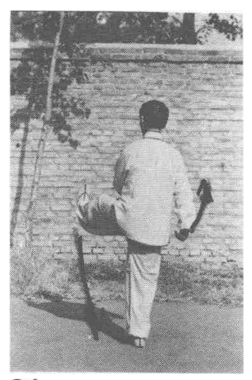


2. Without any pause, right tiptoe tilts outward. Hips turn right, and upper body turns northwest with hips. Feet form cross stance, knees bend, and right heel lifts off ground. At the same time, right arm rotates inward, right palm moves downward from the front of chest in downward-rightward and backward direction. Change right palm into tiger-claw palm behind right hip, and grapples backward (palm facing backward); and then right arm rotates outward to let wrist turn over; fork faces forward and palm upward. Left arm rotates outward, and left palm hacks from the front of navel in upward-rightward-downward direction; side of little finger faces downward, palm faces inward obliquely at waist level. Arms bend slightly. Look ahead to the northwest. (figs. 31 and 32, obverse and reverse sides)

33

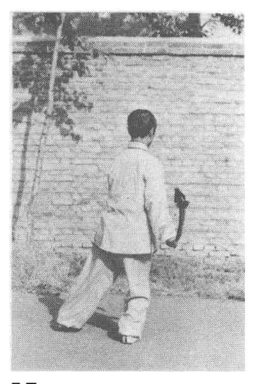
3、上動不停，身體重心前移至右腿上，右胯上提，伸腿直立；左腿屈膝提起上頂，左腳隨即向西北前方蹬出，腳尖勾起朝上，勁貫腳跟。同時兩臂仍同上勢，右手不動；左手稍向下切按，上體正直。眼平視西北。（圖33正、反面，34正、反面）



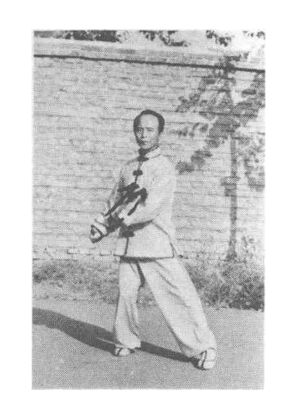
34



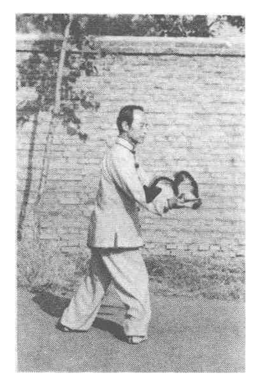
3. Without any pause, weight shifts forward onto right leg. Right hip lifts upward, and right leg stands upright. Bend left leg and raise it to jack upward, and left foot kicks out to northwestern front; tiptoe tilts upward. Force is applied at heel. At the same time, arms remain previous position, with right hand still; left palm presses downward a bit. Upper body keeps upright. Look ahead to the northwest. (figs. 33 and 34, obverse and reverse sides of both)



35

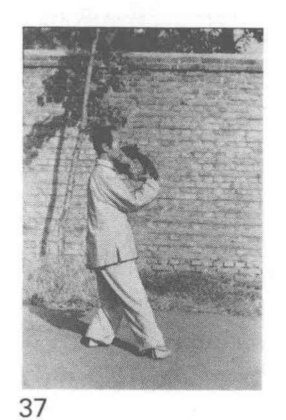


4、上動不停，胯稍向右旋，左脚向西北前方落步，脚尖微內扣，上體隨胯轉動，重心仍在右腿，成左虛步。同時兩臂成環抱式，兩掌變八字掌上托至胸前，掌心朝上。眼視左掌。（圖35正、反面，36）

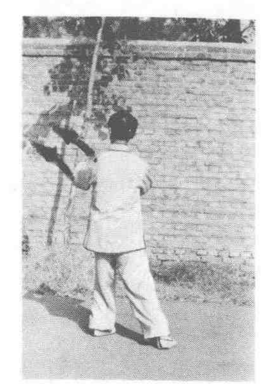


36

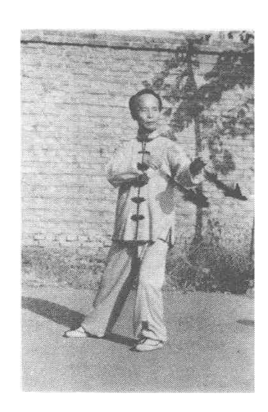
4. Without any pause, hips turn right slightly. Left foot lands in forward-northwestern direction, with tiptoe tucking inward a bit. Upper body turns with movement of hips, and weight still remains on right leg to form left empty stance. At the same time, arms form ball-holding gesture. Palms form "eight-character" palms and move to the front of chest, palms facing upward. Look at the left palm. (figs. 35, obverse and reverse sides, and 36)

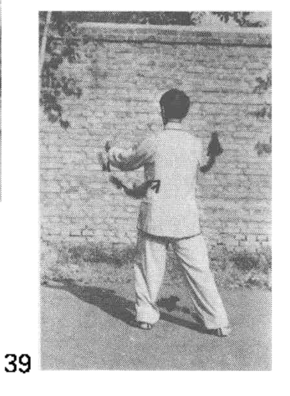

37



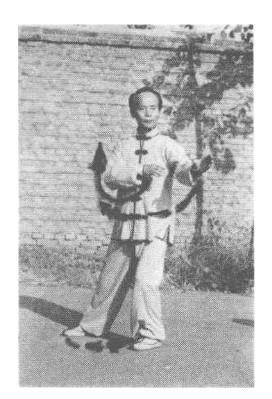

38

5、上動不停，上體隨胯轉動先向右旋復向左旋，身體重心亦由右腿至左腿上，成右虛步，繼而隨胯的左旋，屈膝前弓，右腿自然伸直，成左弓步。同時兩掌以腕爲軸，向上、向裏、向下翻轉成虎掌，隨着身體的轉動，邊轉邊向西北前方伸指頂戳擊出，成扣指掌。左掌在前，掌心朝右，高與胸平；右掌在後，掌心朝左，護於左肘內側，兩臂微屈。眼視左掌擊出方向。（圖37正、反面，38正、反面，39正、反面）

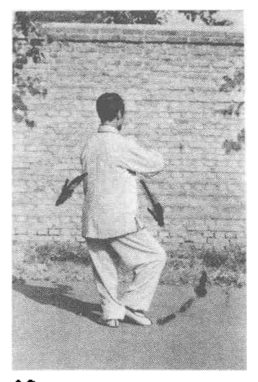


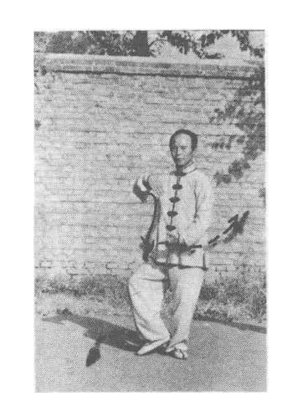


39



5. Without any pause, with movement of hips, upper body first turns right and then turns left. Weight also shifts from right leg onto left leg to form right empty stance. Then with left turn of hips, left leg bends forward, and right leg naturally straightens to form left bow stance. At the same time, palms rotate from above in inward-downward direction, with wrists as pivots, to form tiger-claw palms, which, with turn of body, pierce to northwest to form thumb-tucking palms. Left palm remains in front, facing right at chest level; right palm remains behind, facing left and protecting inner side of left ribs. Arms bend slightly. Look at left palm. (figs. 37, 38 and 39, obverse and reverse sides of all three)



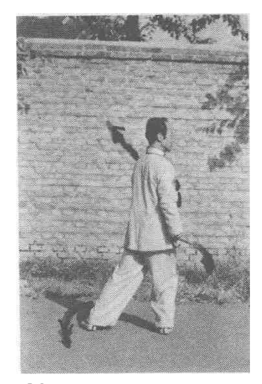


40

㈢蛟龍溟濛　雷劈山洪

1、承上勢，胯先稍向左旋復向右旋，上體隨胯轉向東北，右腳隨即收靠至左腳內側，腳尖點地，腳面繃平，成右丁步。同時兩掌變八字掌在體前作抱球式，右掌在上，高與肩平；左掌在下，高與胯平，掌心相對，兩臂仍屈如環抱式。眼平視東北。（圖40正、反面）

2、上動不停，上體隨胯稍向左轉，右腳由左腳內側，向東作↗括弧式上步，腳尖內扣，右腿隨即屈膝前弓，左腿自然伸直，成橫襠步。同時上體隨胯復向右轉，重心偏移至右腿上，右掌隨之由胸前向右前方下按，掌心朝下，左掌由下向上斜提至左胸前，掌心斜朝上，兩臂微屈。眼平視正東。（圖41）

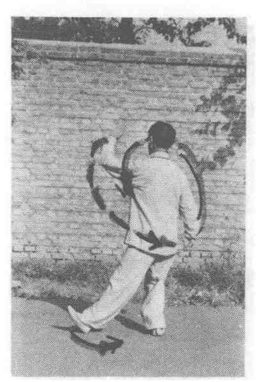


41

(III) Flood Dragon Invokes Dim Mists Thunderbolt Strikes Mountain Flood

1. Continued from preceding movement. Hips first turn left and then right, and upper body turns to northeast accordingly. Right foot withdraws to inner side of left foot, with tiptoe touching ground and instep straightening to form right T stance. At the same time, palms change into the gesture of "the left hand rule" and form ball-holding gesture in front of upper body; right palm remains above at shoulder level, and left palm under at navel level; palms face to each other. Arms still remain ball-holding gesture. Look to the northeast. (figs. 40, obverse and reverse sides)

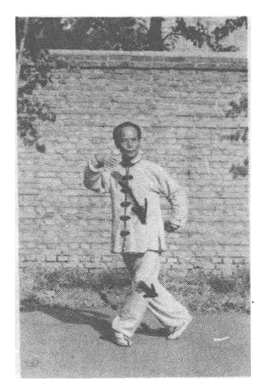
2. Without any pause, upper body turns left with movement of hips. Right foot advances to east in shape arc from inner side of left foot, with tiptoe tucking inward; right leg bends forward, and left leg straightens naturally to form side bow stance. At the same time, upper body again turns right with movement of hips, and weight inclines onto right leg. Right palm presses from the front of chest to right front, facing downward; left palm rises obliquely from underneath to the front of chest, facing upward obliquely. Look ahead to the east. (fig. 41)



42

3、上動不停，右腳不動，胯向左旋，左腳尖翹起外擨，上體隨胯轉向西。同時左掌由胸前變扣指掌，向左上方斜劈，掌心朝外，小指一側斜朝上，高與肩平；右掌以腕爲軸，由外向內上翻，掌心朝上，掌指對胯，兩臂微屈。眼視左掌。（圖42）

4、上動不停，胯繼之左旋，上體隨胯轉向東南，左腳尖亦隨之外擨落步，腳尖對向東南，右腳跟抬起，兩腿微屈成交叉步。同時左掌由扣指掌變成虎掌順勢向左、向下擒拿至左胯旁，虎口朝前，掌心朝裏；右掌隨之由胯旁變扣指掌，向右、向上、向左畫弧至東南前方下插，掌指斜朝下，掌心朝左，手腕高與肩平。眼平視東南。（圖43）



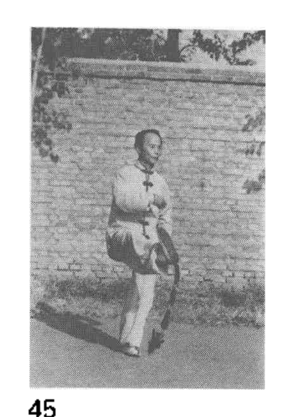
43

3. Without any pause, right foot remains still. Hips turn left. Left tiptoe tilts upward and outward. Upper body turns left. Left. tiptoe tilts upward and outward. Upper body turns to west with movement of hips. At the same time, left palm becomes thumb-tucking one in front of chest and then hacks obliquely to upper left, facing outward, and side of little finger faces upward at brow level; right palm rotates inward from outside and tilts upward, with wrist as pivot, facing upward, and palm tip points to hip. Arms bend slightly. Look at left palm. (fig. 42)

4. Without any pause, upper body turns to southeast with left turn of hips. Left tiptoe stretches outward and touches ground, and tiptoe points to southeast. Right heel lifts off. Legs bend slightly to form cross stance. At the same time, left-thumb-tucking palm changes into tiger-claw palm, which grapples leftward and downward to side of left hip; fork faces forward and palm inward. Right palm becomes thumb-tucking one at side of hip, and moves in a curve in rightward-upward-leftward direction to southeast and thrusts downward; palm tip points downward obliquely and palm faces left; wrist remains at shoulder level. Look ahead to the southeast. (fig. 43)



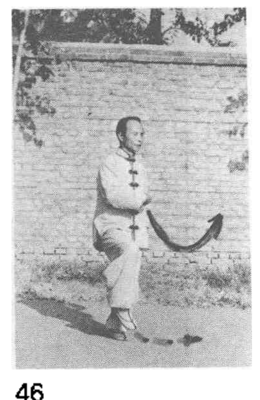
44



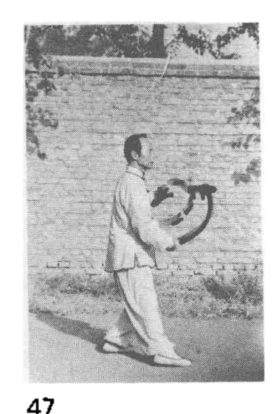
45

5、上動不停，身體重心前移至左腿上，微屈站立，右腿隨之屈膝提起向東南前方踹出，高與襠平，腳內側斜朝上，腳尖勾起。同時左手仍同上勢不變；右手仍成插掌稍向前伸。眼平視東南。（圖44、45）

6、上動不停，胯向左旋，上體隨胯轉向正東，右腳屈膝向東南前方落步，腳尖微內扣，左腳隨之碾轉，左腳屈膝微蹲，成右虛步。同時兩臂成環抱式使兩掌變八字掌向左搬托，掌心朝上。眼平視正東。（圖46、47）



46



47

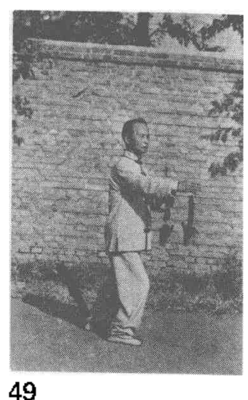
5. Without any pause, weight shifts forward onto left leg, which bends slightly to stand. Right leg bends to lift and kick out to southeast at crotch level; inner side of foot faces upward obliquely and tiptoe hooks upward. At the same time, left hand remains in the previous position, and right straightward forward palm still remains in thrusting one. Look ahead to the southeast. (figs. 44 and 45)

6. Without any pause, hips turn left, and upper body turns to east with hip movement. Right leg bends and lands on ground in forward-southeastern direction, with tiptoe tucking inward. Left foot grinds, and left leg bends to squat slightly to form right empty stance. At the same time, arms form a ball-holding gesture to let palms change into the gesture of "the left hand rule", which move to the left, facing upward. Look ahead to the east. (figs. 46 and 47)





48



49

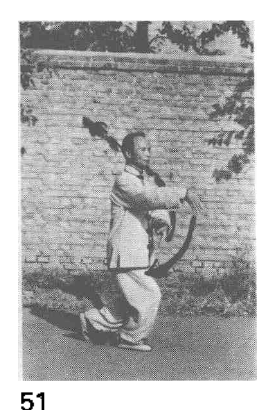
7、上動不停，上體隨胯右轉向東南，重心向前偏移至右腿上，屈膝前弓，左腿自然蹬直，成右弓步。同時兩掌以腕爲軸，向上、向裏、向下翻轉成虎掌，繼而邊轉邊向東南前方伸指頂戳擊出，成扣指掌。右掌在前，掌心朝左，高與胸平；左掌在後，掌心朝右，護於右肘內側，兩臂微屈。眼視東南前方。（圖48、49）

㈣犀牛望月　轉身托天

1、承上勢，身體重心前移至右腿上，右腿膝微屈站立，左腿在身後屈膝抬起，隨即下落，腳尖點地。同時兩手向前垂掌，指尖斜朝下，兩臂仍成環抱勢，上體正直。眼平視東南。（圖50、51）



50

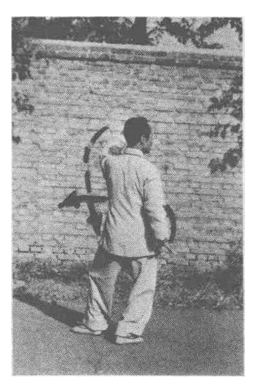


51

7. Without any pause, upper body turns to southeast with right turn of hips. Weight shifts forward onto right leg, which bends forward. Left leg naturally kicks straight to form right bow stance. At the same time, palms rotate in upward-inward-downward direction, with wrists as pivots, to become tiger-claw palms, and then pierce to southeast to become tiger-claw palms, and then pierce to southeast to become thumb-tucking palms; right palm remains in front, facing left at chest level, and left palm remains behind, facing right and protecting inner side of right ribs. Arms bend slightly. Look ahead to the southeast. (figs. 48 and 49)

(IV) Rhinoceros Looks at the Moon and Turns Round to Support the Heaven

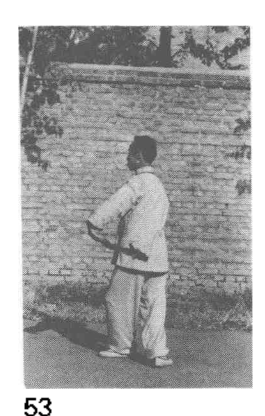
1. Continued from preceding movement. Weight shifts forward onto right leg, which bends slightly to stand. Raise knee behind body, and then touches ground with tiptoe. At the same time, palms droop forward, with finger tips pointing downward obliquely. Arms still remain ball-holding gesture. Upper body keeps upright. Look ahead to the southeast. (figs. 50 and 51)



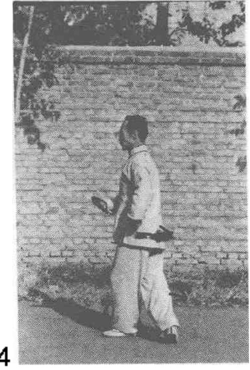
52

2、上動不停，胯向左旋，上體隨胯轉向西北，左脚亦隨之以脚尖為軸，脚跟內轉落地，脚內側朝西北。同時左掌由右肘內側向左上方斜劈，掌心朝外，小指一側朝上，高與肩平；右臂下落，右掌以腕為軸，由外向裏上翻，掌心朝上，掌指對胯，兩臂微屈。眼視東北。（圖52）

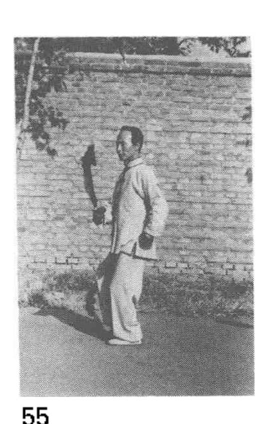
3、上動不停，胯繼之左旋，上體隨胯轉向正西，右脚隨即由後經左脚內側向西北、向北作↘括弧式上步，脚尖內扣，腿自然伸直，左腿屈膝前弓，成左弓步。同時左手變虎掌由上向左下方擒拿至左胯旁，虎口朝前，掌心朝裏；右手變八字掌由胯向前穿出至腹前，虎口朝上，掌心朝裏，兩臂微屈。眼視正西。（圖53、54、55）



53



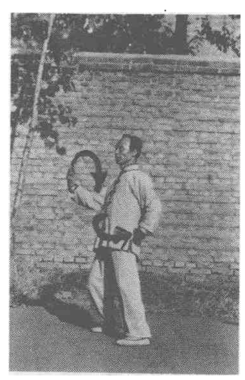
54



55

2. Without any pause, hips turn left, and upper body turns to northwest with hip movement. Left foot turns inward with tiptoe as pivot, and lands on ground, and inner side of foot faces northwest. At the same time, left palm hacks obliquely to upper left from inner side of right elbow, palm facing outward, and side of little finger faces upward at brow level. Right arm drops, and right palm with wrist as pivot rotates upward from inside, palm facing upward; palm tip points to hip. Arms bend slightly. Look to northeast. (fig. 52)

3. Without any pause, hips turn left, and upper body turns to west accordingly. Right foot advances in shape arc to northwest and north from behind and through inner side of left foot; right tiptoe tucks inward, and leg naturally straightens. Left leg bends forward to form left bow stance. At the same time, left palm changes into tiger-claw palm, and grapples to lower left from above towards side of left hip; fork faces forward and palm inward. Right palm changes into "eight-character" palm, which pierces forward to front of abdomen; fork faces upward and palm inward. Arms bend slightly. Look straight ahead. (figs. 53, 54 and 55)



56

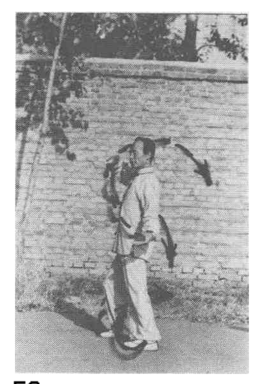
4、上動不停，胯向左旋，上體隨胯轉向西南，重心偏移至右腿上，屈膝前弓，左腿自然伸直，成右弓步。同時右手隨上體向西北前方伸出，虎口朝前，掌心朝上，高與肩平，左手仍同上勢不變，兩臂微屈。眼平視正西。（圖56）

㈤青獅抱球　閃耀金庭

1、承上勢，胯向左旋，上體隨胯轉向西南，兩腿由右弓步變成左虛步。同時右手臂由西北向正南屈肘扣腕，垂掌，掌指朝下，掌心斜朝後，腕高與耳垂平；左手臂仍同上勢不變。眼視右手。（圖57、58）



57

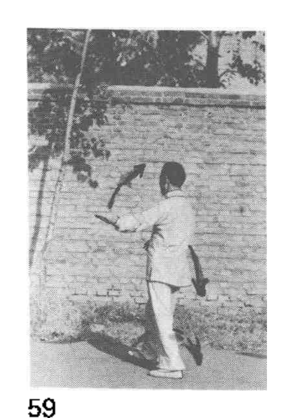


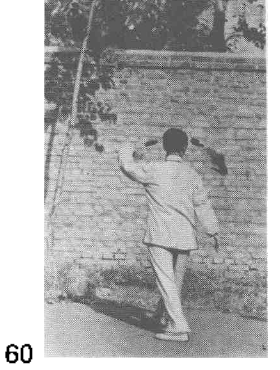
58

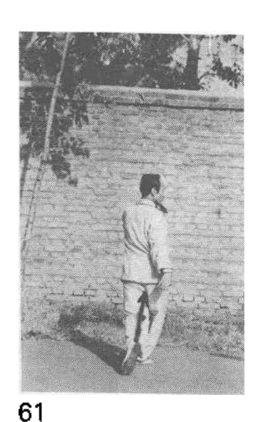
4. Without any pause, hips turn left, and upper body turns to southwest accordingly. Weight inclines onto right leg, which bends forward. Left leg straightens naturally to form right bow stance. At the same time, right palm moves to northwest with turn of upper body and thrusts forward; fork faces forward and palm upward at shoulder level. Left hand still keeps in a previous position. Arms bend slightly. Look ahead to the west. (fig. 56)

(V) Green Lion Holds Ball To Shine Golden Hall

1. Continued from preceding movement. Hips turn left, and upper body turns to southwest accordinly. Right bow stance changes into left empty stance. At the same time, right elbow bends from northwest to south, wrist tucks inward, and palm droops; palm tip points downward, palm faces backward obliquely, and wrist remains at ear level. Left arm still remains in the previous position. Look at right hand. (figs. 57 and 58)

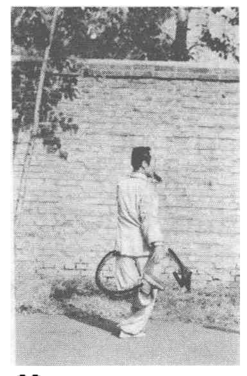

59


60


61

2、上動不停，胯向右旋，上體隨胯轉向正東，右脚尖亦順勢外撇；左脚跟抬起，前脚掌碾轉，兩腿微屈成交叉步。同時右掌由胸前向上、向後、向下經右肋變虎掌，擒拿按至右胯後側，虎口朝前，掌心朝下，臂微屈；左手亦隨之變爲八字掌，由左胯旁向左、向上成環抱式舉至身體左側，虎口向上，掌心朝裏，高與肩平。眼平視東南。（圖59、60、61）

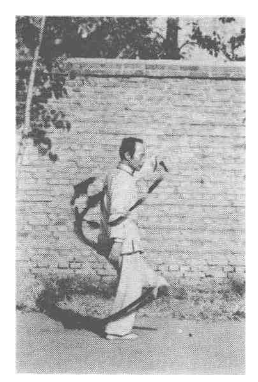
3、上動不停，上體與兩手仍同上勢不變，重心前移至右腿，微屈站立，左腿屈膝向後、向上撩踢，脚面繃平，脚底朝上，與右掌心相對，高與膝平。眼平視正東。（圖62）



62

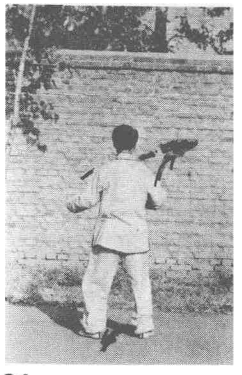
2. Without any pause, hips turn right, and upper body turns to east accordingly. Right tiptoe stretches outward; left heel lifts off, front sole grinds on ground, and legs bend slightly to from cross stance. At the same time, right palm moves from the front of chest in upward-backward direction through right ribs and changes into tiger-claw palm, which grapples to back side of right hip; fork faces forward and palm downward; arm bends slightly. Left palm changes into the gesture of "the left hand rule", which forms ball-holding gesture and rises to left side of body in left-upward direction from side of left hip; fork faces upward and palm inward at shoulder level. Look ahead to the southwest. (figs. 59, 60 and 61)

3. Without any pause, upper body and hands still remain in the previous position. Weight shifts forward onto right leg, which bends slightly to stand. Left leg bends to kick backward and upward; instep straightens, and sole faces upward to face right palm at knee level. Look to the due east. (fig. 62)

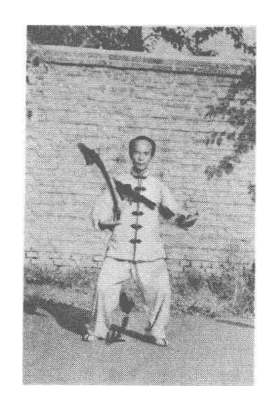


63

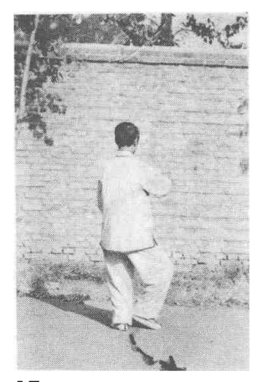
4、上動不停，右脚跟微抬起，以脚前掌爲軸，胯向右旋；同時左腿由外向裏屈膝前提，脚尖勾起，脚內側朝上，隨胯轉至正西落步，脚尖內扣，屈膝微蹲，右腿自然伸直，成馬步。上體亦隨之轉向正北，兩手臂仍同上勢不變，左掌心朝上，高與左腰平；右手變八字掌，按於右腰旁，掌心朝下。眼平視正北。（圖63、64正、反面）



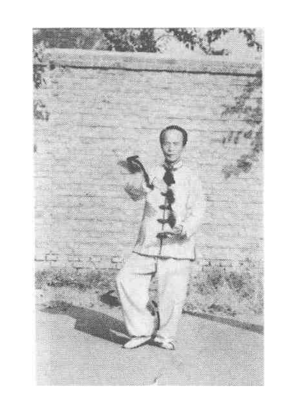
64



4. Without any pause, right heel lifts off slightly, and hips turn right with right front sole as pivot. At the same time, left leg bends to rise from outside to inside; left tiptoe hooks upward, inner side of foot faces upward, and turns to west to land on ground; left tiptoe tucks inward, and left leg bends to squat slightly. Right leg straightens naturally to form horse stance. Upper body also turns to north. Arms still remain in the previous position. Left palm faces upward at a level higher than left waist. Right palm changes into the gesture of "the left hand rule" and presses at side of right waist, facing downward. Look to the due north. (figs. 63 and 64, obverse and reverse sides)



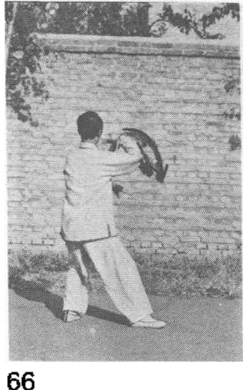
65

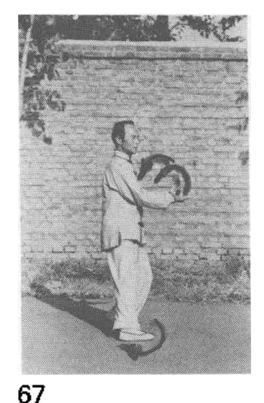


㈥豹子含美　仰頸驚林

1、承上勢，右脚由東經左脚內側向後作弧式退一步至正南，重心移至右腿上，屈膝微蹲；左腿在前自然伸直，成左虛步。胯隨即稍向右旋，上體轉向正東。同時右手由腰旁向前、向上、向右、向後上方架掌靠肘，掌心朝下，虎口朝左，臂微屈；左手隨之屈臂內旋拨掌至頸部前，虎口朝上，掌心朝裏。眼視右掌。（圖65正、反面，66）

2、上動不停，胯向右旋，上體隨之轉向東北，重心偏移至左腿上，成橫襠步。同時兩手向前下落至胸前托掌，掌心朝上，兩臂屈成環抱式。眼平視東北。（圖67）

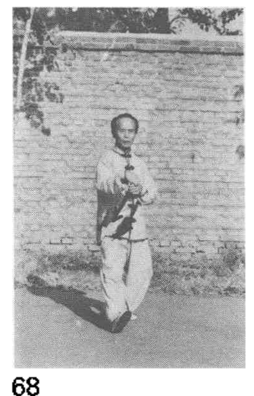

66

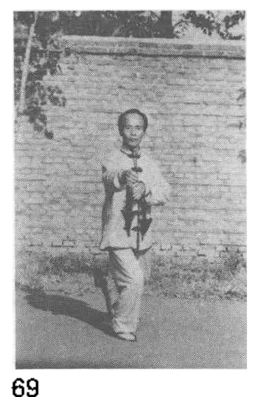

67

(VI) Leopard Keeps Beauty in Mouth And Raises Neck to Startle Forest

1. Continued from preceding movement. Right foot retreats one step to south in shape arc from east through inner side of left foot. Weight shifts onto right leg, which bends to stand. Left leg remains in front and straightens naturally to form left empty stance. Hips turn to right slightly, and upper body turns to east. At the same time, right palm blocks in forward-upward-rightward-backward direction from side of right waist and gives an elbowing; palm faces downward and fork leftward, and arm bends slightly. Left arm bends to rotate inward, and palm presses to the front of neck; fork faces upward, and palm inward. Look at right palm. (figs. 65, obverse and reverse sides, and 66)

2. Without any pause, hips turn right, and upper body turns to northeast accordingly. Weight inclines onto left leg to form side bow stance. At the same time, palms drop to front of chest, facing upward. Arms form ball-holding gesture. Look to northeast. (fig. 67)


68


69

3、上動不停，胯向右旋，上體隨胯右轉向南，右脚尖翹起外撇，重心向前移至右腿上，屈膝前弓，左腿自然伸直，成右弓步。同時兩掌以腕爲軸，向上、向裏、向下翻轉成虎掌，繼而邊轉邊向正南前方伸指頂戳擊出，成扣指掌。右掌在前，掌心朝左，高與胸平；左掌在後，掌心朝右，護於右肘內側，兩臂微屈。眼視手指前方。（圖68、69）

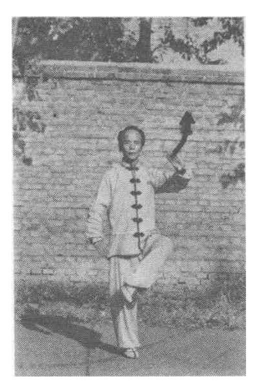
4、上動不停，惟兩手前伸頂戳時，左腿在後微屈膝抬起，脚尖朝下，脚跟朝上。眼視手指頂戳前方。（圖70）



70

3. Without any pause, hips turn right, and upper body turns right to face south accordingly. Right tiptoe tilts upward to stretch outward. Weight shifts forward onto right leg, which bends forward, and left leg straightens naturally to form right bow stance. At the same time, palms rotate, with wrists as pivots, in upward-inward-downward direction to become tiger-claw palms remains in front, facing left at chest level; left palm remains behind, facing right and protecting inner side of right elbow. Arms bend slightly. Look to the direction in which fingers point. (figs. 68 and 69)

4. Without any pause, as palms pierce out, raise left knee slightly, with tiptoe pointing downward and heel upward. Look at the direction in which fingers thrust. (fig. 70)



71

㈦大鵬展翅　羣獸震驚

1、承上勢，身體重心仍在右腿，兩掌先下垂，掌指斜朝前下方，左腿向前屈膝上提，左腳位於右膝前，小腿內扣，腳尖斜朝下，腳面繃正，右腿隨之伸直站立，胯稍向左旋，成獨立步。同時左掌由下向左、向上斜臂架至頭額左前方，掌心朝外，小指一側朝斜上方，高與頭平；右掌隨之下按至右胯旁，掌心朝下，拇指一側朝裏，兩臂微屈。眼平視東南。（圖71、72）

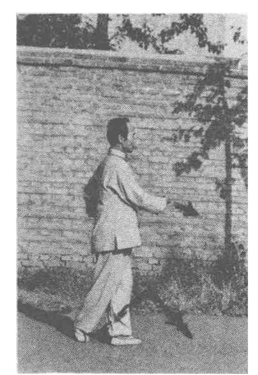


72

(VII) Roc Unfold Wings To Startle Animals

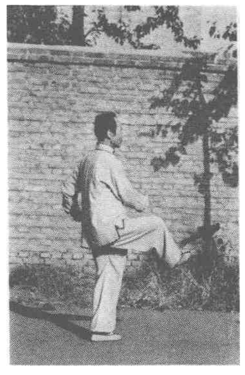
1. Continued from preceding movement. Weight still remains on right leg. Palms droop, with tips pointing to lower front obliquely. Raise left knee and left foot remains in front of right knee; calf tucks inward, tiptoe points downward and instep straightens. Right leg straightens to stand, and hips turn right slightly to form one-legged stance. At the same time, left palm blocks from downward, leftward, upward obliquely to the upper front of head, facing outward, and side of little finger faces upward obliquely at head level. Right palm presses downward to side of right hip, facing downward, and side of thumb faces inward. Arms bend slightly. Look ahead to the southeast. (figs. 71 and 72)

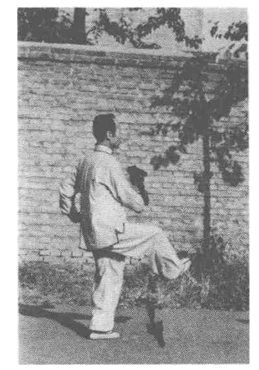

73


74

2、上動不停，胯向左旋，上體隨胯轉向東北，左脚向東北落步，脚尖外擻，身體重心向前偏移至左腿上，右腿在後。同時左手變虎掌由上向左、向下擒拿至左胯旁，虎口朝前，掌心朝裏；右掌隨之由胯旁經右腰側穿出向上、向東北前方下插，掌心朝左，掌指斜朝下，兩臂微屈。眼平視東北。（圖73、74）

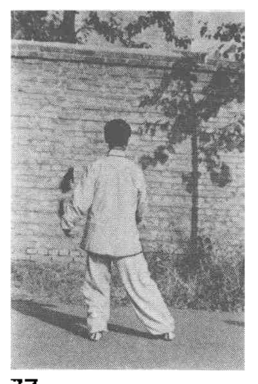
3、上動不停，身體重心前移至左腿上，微屈站立，右腿隨之屈膝提起向東北前方下踹，高與左膝平，脚內側斜朝上，脚尖勾起。同時左手仍同上勢不變，右手仍成插掌稍向前伸。眼平視東北。（圖75、76）

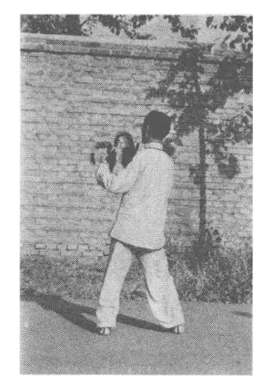

75


76

2. Without any pause, hips turn left, and upper body turns to northeast accordingly. Left foot lands in northeast, with tiptoe stretching outward. Weight shifts forward onto left leg; right leg remains behind. At the same time, left palm changes into tiger-claw one, which grapples from above in leftward-downward direction to side of left hip; fork faces forward and palm inward. Right palm pierces out through side of right waist from side of hip and thrusts upward and downward to northeast; palm faces left and palm tip points downward. Arms bend slightly. Look ahead to the northeast. (figs. 73 and 74)

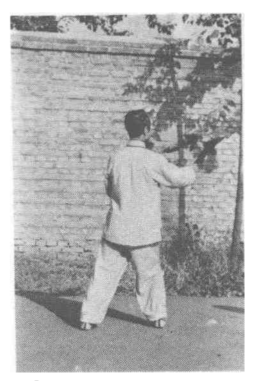
3. Without any pause, weight shifts forward onto left leg, which bends slightly to stand. Right leg then bends to lift up and gives a side sole kick downward in forward-northeastern direction at left knee level; inner side of foot faces upward obliquely and tiptoe hooks upward. At the same time, left hand still remains in the previous position, and right-thrusting palm pierces forward. Look ahead to the northeast. (figs. 75 and 76)


77


78

4、上動不停，胯向左旋，上體隨胯轉向西北，右腳向東北前方落步，腳尖微內扣；左腳隨之碾轉，左腿屈膝微蹲，成右虛步。同時兩臂成環抱式使兩掌變八字掌向左搬托，掌心朝上。眼平視正西。（圖77、78）

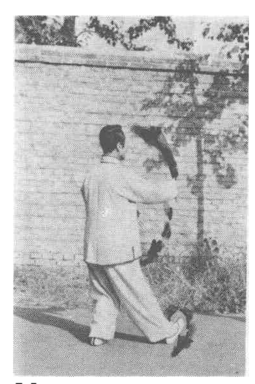
5、上動不停，上體隨胯右轉向東北，重心向前偏移至右腿上，屈膝前弓，左腿自然伸直，成右弓步。同時兩掌以腕爲軸，向上、向裏、向下翻轉成虎掌，繼而邊轉邊向東北前方伸指頂戳擊出，成扣指掌。右掌在前，掌心朝左，高與胸平；左掌在後，掌心朝右，護於右肘內側，兩臂微屈。眼平視右指頂戳的前方。（圖79）



79

4. Without any pause, hips turn left, and upper body turns to northwest with hips. Right foot lands in front in the northeastern direction, with tiptoe tucking inward slightly. Left foot grinds accordingly, and bend left leg in squatting slightly to form right empty stance. At the same time, arms form ball-holding gesture to make palms into "the left hand rule" ones, which move to the left, facing upward. Look straight ahead. (figs. 77 and 78)

5. Without any pause, upper body turns to northeast with right turn of hips. Weight inclines forward onto right leg, which bends forward; left leg naturally straightens to form right bow stance. At the same time, palms rotate, with wrists as pivots, in upward-inward-downward direction, to become tiger-claw palms, and then thrust out to the front northeast as they rotate to become thumb-tucking palms. Right palm remains in front, palm facing left at chest level; left palm remains behind, facing right and protecting inner side of right elbow. Arms bend slightly. Look ahead to which right palm thrusts. (fig. 79)

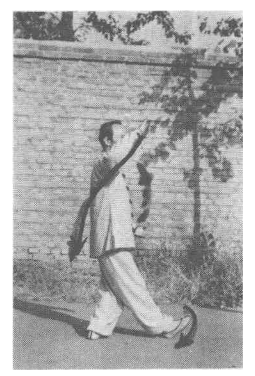


80

㈧花鹿採芝　俯飲清泉

1、承上勢，身體後坐，重心移至左腿上，屈膝微蹲；右腿自然伸直，成右虛步。同時兩臂仍同上勢，兩手隨之向前屈腕垂掌，掌指斜朝下，右掌高與胸平；左掌高與臍平。眼視東北。（圖80）

2、上動不停，右脚尖翹起外撇，胯向右轉，上體隨胯轉向東南，重心仍在左腿上。同時右掌朝外由胸前向上、向右上方斜劈，掌心朝外，虎口朝左，小指一側朝上，高與眉平；左掌隨之外旋，掌心朝上，位於左胯旁。眼視左掌。（圖81）



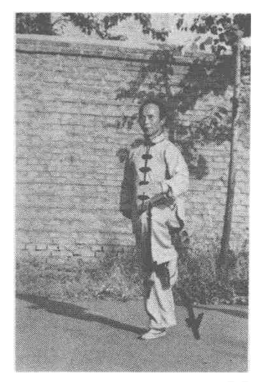
81

(VIII) Deer Gleans Sesame And Bows to Drink Lucid Spring Water

1. Continued from preceding movement. Body inclines backward, and weight shifts onto right leg, which bends to squat slightly. Right leg naturally straightens to form right empty stance. At the same time, arms still remain in the previous position. Wrists bend forward and palms droop; palm tips point downward obliquely; right palm remains at chest level and left palm at navel level. Look to the northeast. (fig. 80)

2. Without any pause, right tiptoe tilts upward and stretches outward. Hips turn right and upper body turns to southeast accordingly. Weight still remains on left leg. At the same time, right palm hacks obliquely from the front of chest to upward and right upper, facing outward, and fork faces left; side of little finger faces upward at brow level. Left palm rotates outward, facing upward at side of left hip. Look at right palm. (fig. 81)

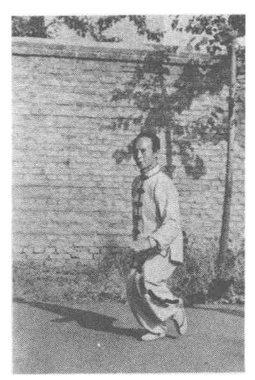

82


83

3、上動不停，胯繼之右旋，上體隨胯轉向正南，身體重心偏移至右腿上，左腳跟抬起，兩腿屈膝成交叉步。同時右掌變虎掌，由上向右、向下擒拿至右胯旁，虎口朝前，掌心朝上；左掌隨之上托至體前高與胸平，掌心朝內，虎口朝上，小指一側朝下，兩臂微屈。眼平視正南。（圖82）

4、上動不停，胯繼續右旋，上體隨胯轉向西南，右腳尖隨之撇向西南，身體重心前移至右腿上，右胯上提伸腿直立；左腿屈膝提起，腳尖朝下，腳面繃平。右手仍成上勢不動；左掌下劈，小指一側朝下，掌心朝裏，高與腰平。眼平視西南。（圖83）

5、上動不停，右腿屈膝下蹲，左腿隨之下落成跪步，腳尖在右腳內側後方點地，膝朝西南。同時左掌向左膝外切按，小指一側朝下，掌心朝裏，掌指朝前。眼視前下方。（圖84）

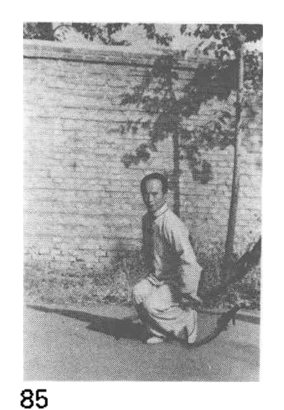


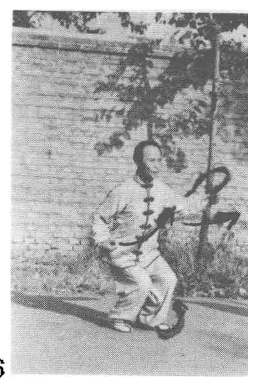
84

3. Without any pause, hips turn right, and upper body turns to south accordingly. Weight inclines onto right leg. Left heel lifts up, and legs bend to form cross stance. At the same time, right palm becomes tiger-claw palm, which grapples from above in rightward-downward direction to the side of right hip; fork faces forward and palm upward. Left palm moves upward to the front of chest at chest level, facing inward, fork faces upward and the side of little finger downward. Arms bend slightly. Look ahead to the south. (fig. 82)

4. Without any pause, upper body turns to south with right turn of hips. Right tiptoe stretches to southwest. Weight shifts forward onto right leg. Right hip lifts up and leg straightens to stand. Raise right knee, with tiptoe pointing downward and instep straightening. Right hand still remains in the previous position. Left palm hacks downward, side of little finger faces downward and palm inward at waist level. Look to the southwest. (fig. 83)

5. Without any pause, right leg bends to squat, and left leg bends downward accordingly to form kneeling stance, with tiptoe touching ground at the inner side of right foot and the knee facing southwest. At the same time, left palm presses to outside of left knee, and side of little finger faces downward; palm faces inward and palm tip points forward. Look downward in the front. (fig. 84)


85

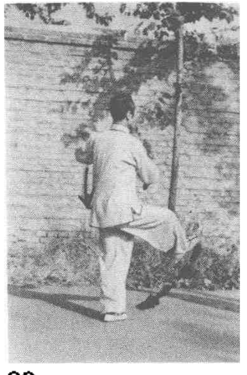
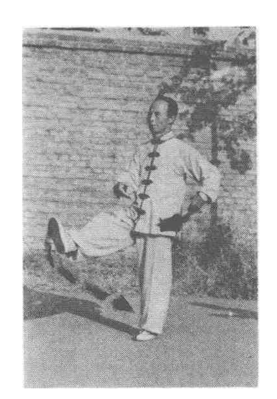

86


87

黃蟒吐津　戲引蟾蜍

1、承上勢，左掌變八字掌，由左膝外側向後反掌（掌心朝上）抄起至東北方向。同時胯向左旋，上體隨胯左轉向東南。眼視左側方。（圖85）

2、上動不停，胯繼之左旋，上體隨胯轉向東北，左脚隨之稍向東北前方移步，脚尖外撇，身體重心前移至左腿上，右腿隨之屈膝提起，向東北前方下踹，高與左膝平，脚內側朝上，脚尖勾起。同時左掌外旋上托不停，再內旋變虎掌，經胸前向下擒拿至左腰旁，虎口朝前，掌心朝內；右掌亦隨之由胯旁提起經胸前向東北下插，高於右肋平，掌心朝左，掌指斜朝下，兩臂微屈。眼平視東北。（圖86、87、88正、反面）

88

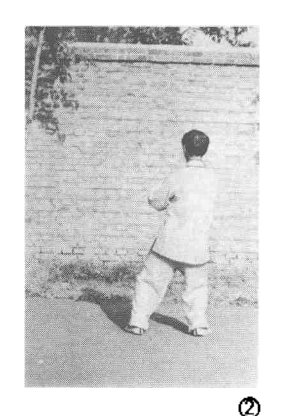
(IX) Yellow Python Shoots Spittle To Frolic with Mole Cricket Groups

1. Continued from preceding movement. Left palm turns into the gesture of "the left hand rule" one, which moves backward (palm facing upward) from outside of left knee to northeast. At the same time, hips turn left, and upper body turns to southeast accordingly. Look to the left. (fig. 85)

2. Without any pause, following left turn of hips, upper body turns to northeast. Left foot moves one step to northeast, with tiptoe stretching outward. Weight shifts forward onto left leg. Right leg bends to lift up and then gives a downward side sole kick to northeast at knee level; the inner side of the foot faces upward and tiptoe hooks upward. At the same time, left palm rotates outward to move upward and, without a pause, rotate inward to become tiger-claw palm, which grapples downward to side of left waist through front of chest; fork faces forward and palm inward. Right palm rises from side of hip and thrusts to lower northeast thought the front of chest at right rib level; palm faces left and palm tip points downward. Arms bend slightly. Look to the northeast. (figs. 86, 87 and 88, obverse and reverse sides)



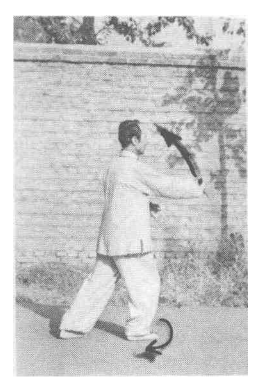
89①



②

3、上動不停，胯向左旋，上體隨胯轉向西北，右脚向東北前方落步，脚尖微內扣，屈膝微蹲；左脚不動，左腿隨右腿落地同屈膝微蹲，成馬步。同時兩臂成環抱式使兩掌變八字掌向左搬托，掌心朝上。眼平視正面。（圖89①、②）

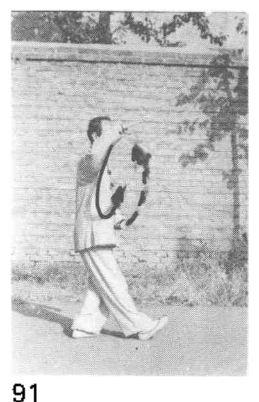
4、上動不停，上體隨胯右轉向東北方，重心向前偏移至右腿上，屈膝前弓，左腿自然伸直，成右弓步。同時兩掌以腕爲軸，向上、向裏、向下翻轉成虎掌，繼而邊轉邊向東北前方伸指頂戳擊出，成扣指掌。右掌在前，掌心朝左，高與胸平；左掌在後，掌心朝右，護於右肘內側，兩臂微屈。眼平視右指頂戳的前方。（圖90）

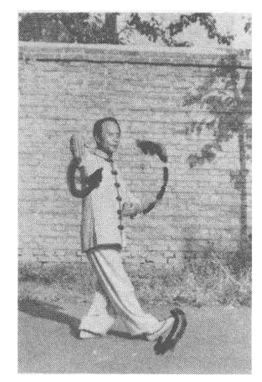


90

3. Without any pause, hips turn left, and upper body turns to north-west accordingly. Right foot lands in forward, north-eastern direction, with tiptoe tucking inward slightly, and leg bends to squat slightly. Left foot remains still. As right foot lands on ground, left leg bends to squat slightly to form horse stance. At the same time, arms form ball-holding gesture to let palms become the gesture of "the left hand rule" ones, which move to the left and face upward. Look straight ahead. (figs. 89, (1) and (2))

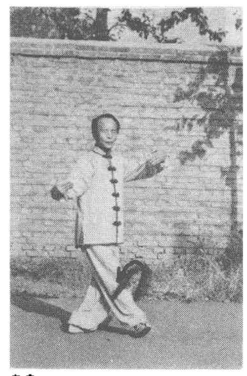
4. Without any pause, upper body turns to northeast with right turn of hips. Weight inclines forward onto right leg, which bends forward, and left leg straightens naturally to form right bow stance. At the same time, palms rotate, with wrists as pivots, in upward-inward-downward direction to become tiger-claw palms, and then pierce to northeast, as they rotate, to become thumb-tucking palms. Right palm remains in front, facing left at chest level. Left palm remains behind, facing right and protecting inner side of right elbow. Arms bend slightly. Look forward to which right palm points. (fig. 90)


91


92

㈩鯉魚打挺　波浪滔天

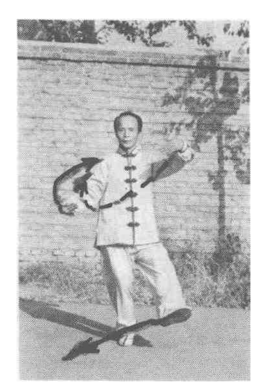
1、承上勢，身體重心後移至左腿上，胯向右旋，上體隨胯轉向東南，右脚尖隨之翹起外撇。同時右掌向右上方斜劈不停，繼以腕爲軸，使拇指由外向裏翻轉上挑成八字掌，高與右肋平，掌心朝裏，虎口朝上，右臂隨之稍向右下沉；左掌隨之後收，經左胯旁向左、向上劃弧至頭部左側屈腕內扣下沉，高與肩平，虎口朝上，兩掌心斜相對，兩臂屈如環抱式。眼平視正南。（圖91、92、93）



93

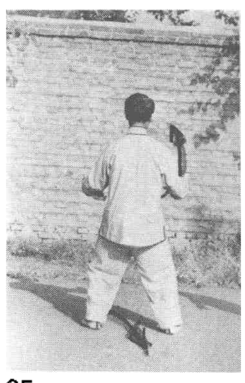
(X) Carp Leaps out of Water To Stir up Surging Waves

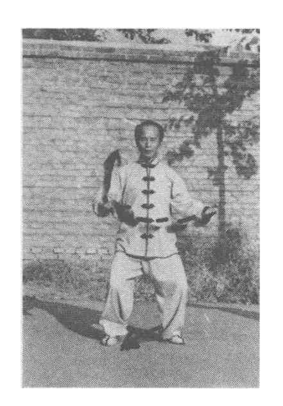
1. Continued from preceding movement. Weight shifts backward onto left leg. Hips turn right, and upper body turns to southeast accordingly. Right tiptoe tilts upward to stretch outward. At the same time, right palm hacks to upper right obliquely, and then thumb turns over from outside ot inside, with wrist as pivot, and tilts upward to form a gesture of "the left hand rule" at right rib level; palm faces inward and fork upward. Right arm drops a bit . Left palm withdraws, moves in a curve in leftward-upward direction through side of left hip to left side of head, and then wrist bends and tucks inward to droop downward at shoulder level; fork faces upward, and palms face each other obliquely. Arms bend to form ball-holding gesture. Look ahead to the south. (figs. 91, 92 and 93)



94

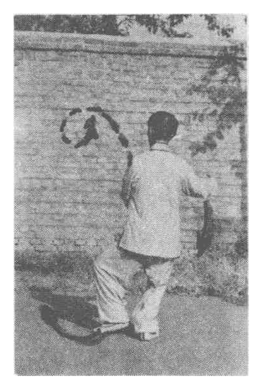
2、上動不停，身體重心前移至右腿上，以腳前掌爲軸，上體隨胯向右旋轉至正北。同時左腿由外向裏屈膝前提，腳尖勾起，腳內側斜朝上，隨胯右轉至正西落步，腳尖內扣，兩腿屈膝微蹲成馬步。兩手臂仍成上勢不變。眼平視正北。（圖94、95正、反面）





95

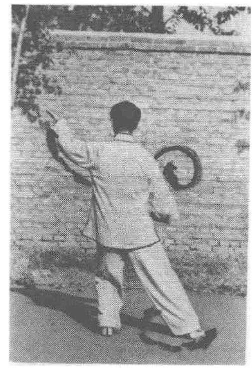
2. Without any pause, weight shifts forward onto right leg. Using right front sole as pivot, upper body turns right with hips to face north. At the same time, left leg bends from outside to inside and lift up; tiptoe hooks upward, inner side of foot faces upward obliquely; following the turn of his rightward, left foot lands in west, with tiptoe tucking inward. Bend legs in squatting slightly to form horse stance. Arms still remain in the previous position. Look to the north. (figs. 94 and 95, obverse and reverse sides)



96

（十一）雄鷹探山　雙擒雞羣

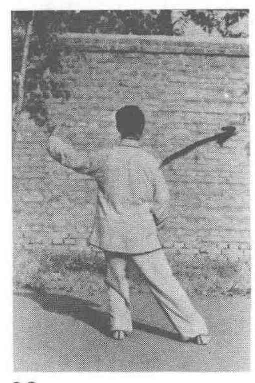
1、承上勢，上體右靠，重心移至右腿上，左腳隨之由西收回，經右腳內側向後、向左作乀括弧式邁步還原至正西，動作不停，上體復向左靠，重心移至左腿上。同時左掌內旋，向下經體前向上、向左上方變扣指掌斜劈不停，繼以腕爲軸，使拇指向裏翻轉上挑，成八字掌至上體左側，高與耳平，掌心朝右，虎口朝上，臂微屈；右手臂仍成上勢不變。眼平視正北。（圖96、97）



97

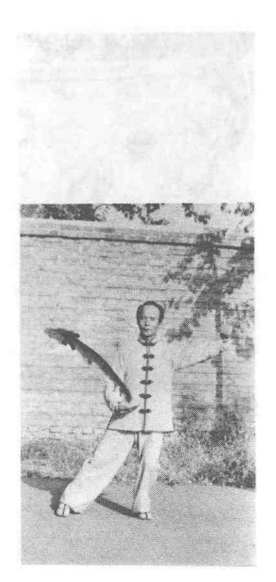
(XI) Eagle Flies over Mountain To Catch Chickens Twice

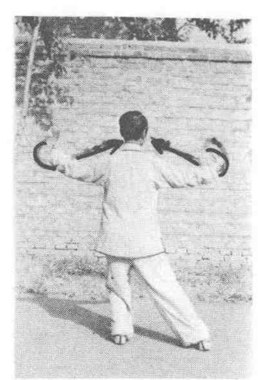
1. Continued from preceding movement. Upper body inclines right. Weight shifts onto right leg. Left foot withdraws from west, steps forward through inner side of right foot in backward-leftward direction in shape arc, and returns to west. There is no pause. Upper body again inclines left, and weight shifts onto left foot. At the same time, left palm rotates inward, becomes thumb-tucking palm through front of body, and hacks obliquely in upward-leftward direction; with wrist as pivot left thumb rotates inward to tilt upward, to form a gesture of "the left hand rule" palm at right side of upper body at ear level; palm faces rightward and fork upward. Arms bend slightly. Right arm still remains in the previous position. Look to the north. (figs. 96 and 97)





98

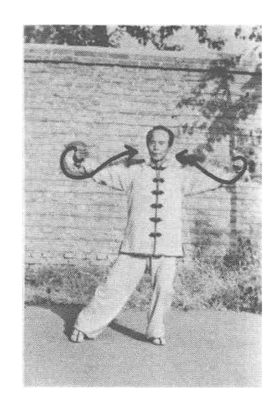


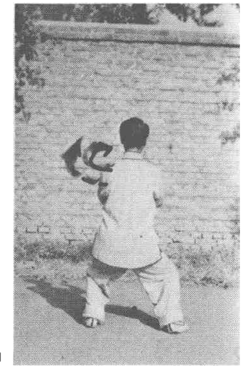


99

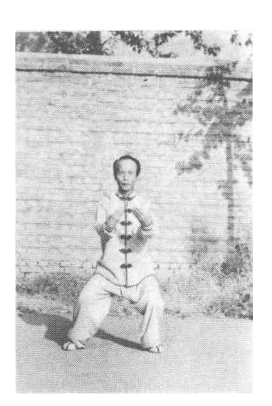
2、上動不停，身體重心仍在左腿上，右脚隨之由東收回，經左脚內側向後、向右作↗括弧式邁步還原至正東，動作不停，重心仍在左腿上。同時右掌內旋，向左經體前向上、向右上方變扣指掌斜劈不停，繼以腕爲軸，使拇指向裏翻轉上挑成八字掌至上體右側，高與肩平，掌心朝左，虎口朝上，臂微屈；左手臂仍成上勢不變。眼平視正北。（圖98正、反面，99反、面）

3、上動不停，兩腿微蹲變成馬步。同時兩手臂由兩側向胸前微合成環抱式，沉肩垂肘，兩掌高與胸平，掌心朝裏，虎口朝上。眼平視正北。（圖100正、反面）



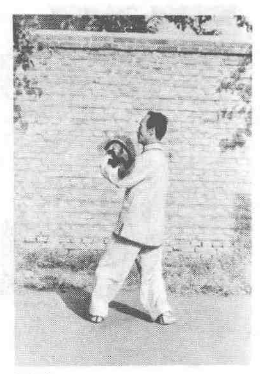


100



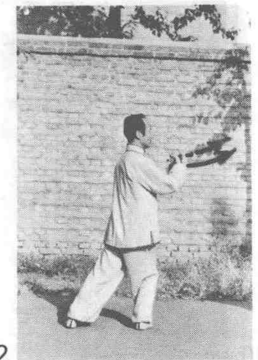
2. Without any pause, weight still remains on left leg. Right foot withdraws from east, steps forward through inner side of left foot in backward-rightward direction in shape arc, and returns to east. There is no pause. Weight still remains on left leg. At the same time, right palm rotates inward, becomes thumb-tucking palm through front of body, hacks obliquely in upward-upper right direction; then right thumb rotates inward to tilt upward, with wrist as pivot, to form "eight-character" palm at right side of upper body at shoulder level; palm faces leftward and fork upward, arms bend slightly. Left arm still remains previous position. Look ahead to the north. (figs. 98 and 99, obverse and reverse sides of both)

3. Without any pause, legs squat slightly to form horse stance. At the same time, arms move a bit from both sides to front of chest to form ball-holding gesture. Shoulders and elbows droop, palms remain at chest level, facing inward, and forks upward. Look ahead to the north. (fig. 100, obverse and reverse sides)





101

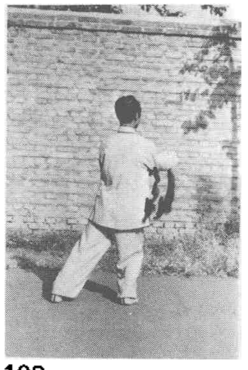


102

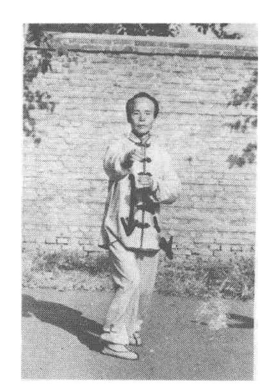


4、上動不停，上體隨胯左旋，兩掌向左搬托，掌心朝上。眼視西北。（圖101）

5、上動不停，上體隨胯右轉向東北。重心向前偏移至右腿上，屈膝前弓，左腿自然伸直，成右弓步。同時兩掌以腕爲軸，向上、向裏、向下翻轉成虎掌，繼而邊轉邊向東北前方伸指頂戳擊出，成扣指掌，右掌在前，掌心朝左，高與胸平；左掌在後，掌心朝右，護於右肘內側，兩臂微屈。眼視東北（圖102正、反面，103正、反面）

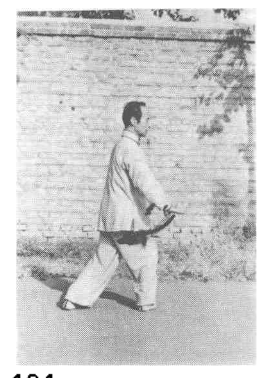


103



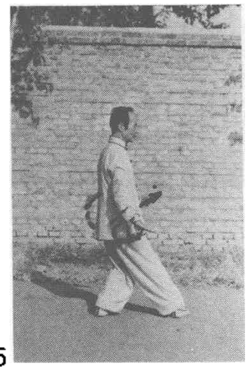
4. Without any pause, upper body turns left with hips. Palms move to the left, facing upward. Look ahead to the northwest. (fig. 101)

5. Without any pause, upper body turns to northeast with right turn of hips. Weight inclines forward onto right leg, which bends forward, and left leg straightens naturally to form right bow stance. At the same time, palms rotate, with wrists as pivots, in upward-inward-downward direction to become thumb-tucking palms; right palm remains in front, facing left at chest level, and left palm remains behind, facing right and protecting inner side of right elbow. Arms bend slightly. Look to the northeast. (figs. 102 and 103, obverse and reverse sides of both)

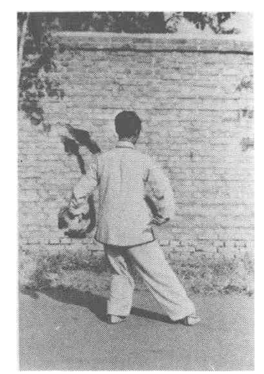




104



105

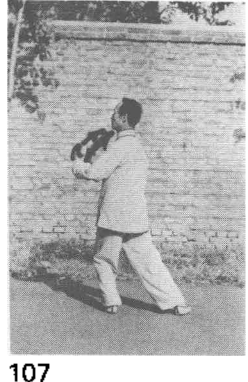


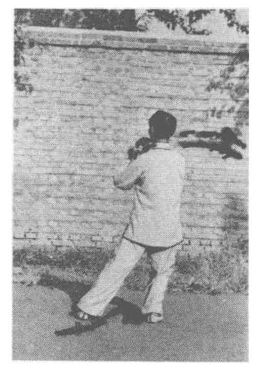
106

（十二）仙鶴騰空　飛舞風雲

1、承上勢，兩腳不動，身體重心後移至左腿上，兩腿成右虛步。同時上體仍朝東北，兩掌隨之內旋收回，分向腰胯兩側下按，掌心朝下，掌指朝前，兩臂微屈。眼平視東北。（圖104、105）

2、上動不停，胯向左旋，上體先隨胯左轉向西，繼之身體重心由左腿後移至右腿上，兩腿成左虛步。同時兩掌隨之旋動變八字掌，由胯兩側外旋上穿至胸前交叉，成十字掌式（左外右內），掌心均朝裏，虎口均朝上，兩臂環屈。眼平視正西。（圖106、107、108）

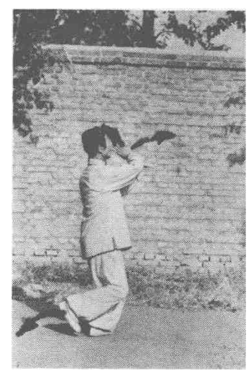

107


108

(XII) Red-crowned Crane Soars into Sky And Flies Gracefully in Wind and Clouds

1. Continued from preceding movement. Feet remain still. Weight shifts backward onto left leg. Legs form right empty stance. At the same time, upper body still faces northeast, and palms rotate to withdraw, and press downward at sides of waist and hips, facing downward, and palm tip points forward. Arms bend slightly. Look ahead to the northeast. (figs. 104 and 105)

2. Without any pause, hips turn left. Upper body turns left with hips and then weight shifts from left leg onto right leg to form left empty stance. At the same time, palms rotate to become a gesture of "the left hand rule" ones, which rotate outward and pierce upward from both sides to cross in front of chest (left palm outside and right palm inside), palms face inward, and forks face upward. Arms bend. Look to the west. (figs. 106, 107 and 108)

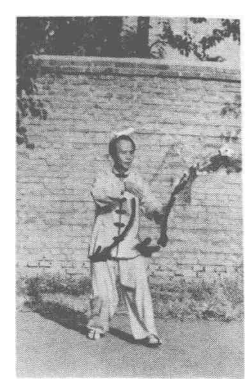


109





110



111

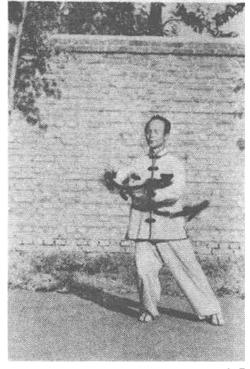
3、上動不停，胯向右旋，上體先隨胯右轉向東，繼之身體重心由右腿後移至左腿上，隨着上體轉向東北時，右脚由東向右、向左腿後作一括弧式插步至西北。同時兩手仍成十字掌內旋，轉向正東，左掌仍在外，右掌仍在內，掌心均朝外，掌指斜朝上，兩臂環屈，微向下沉。眼平視正東。（圖109、110）

4、上動不停，胯向右旋，上體隨胯轉向東南，重心偏移至左腿上，兩腿成横襠步。同時兩掌向左上方旋動至左肩前分開，由上向右、向下擒拿撲按，左掌在前，高與腰平，掌心朝下；右掌在後，高與胸平，掌心朝裏，兩臂微屈。眼視東南。（圖111）

5、上動不停，胯向右旋，上體隨胯轉動，重心偏移至右腿上成右弓步。同時兩臂成環抱式，兩掌隨上體轉動變八字掌上托至胸前，掌心朝上，屈指臂微屈。眼平視西南。（圖112、113）



112



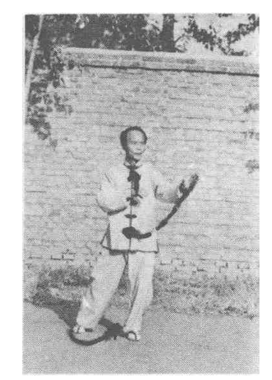
113

3. Without any pause, hips turn right. Upper body turns to east with right turn of hips, and then weight shifts backward from right leg onto left leg. As upper body turns to northeast, right foot takes a back cross-step from east to right towards back of left leg in shape arc to north-west. At the same time, palms still form cross and rotate inward to east; left palm still remains outside and right palm inside, facing outward, and palm tips point upward obliquely. Arms bend and droop a bit. Look ahead to the east. (figs. 109 and 110)

4. Without any pause, hips turn right. Upper body turns to southeast with hips. Weight shifts onto left leg to form side bow stance. At the same time, palms rotate to upper left, move apart in front of left shoulder, and grapple, pounce and press from above in rightward-downward direction; left palm remains in front at waist level, facing downward. Arm bend slightly. Look to the southeast. (fig. 111)

5. Without any pause, hips turn right. Upper body turns with hips. Weight inclines onto right leg to form right bow stance. At the same time, arms form ball-holding gesture, and palms rotate, with turn of upper body, to become a gesture of "the left hand rule", which move to front of chest, facing upward. Arms bend slightly. Look to the south-west. (figs. 112 and 113)

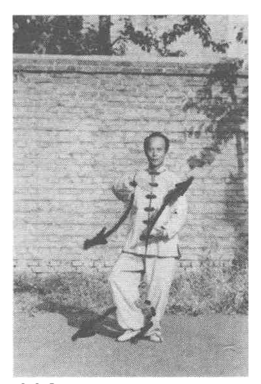

114


115

6、上動不停，胯向左旋，上體隨胯轉動，重心偏移至左腿上，成左弓步。同時兩掌以腕爲軸，由上向裏、向下翻轉成虎掌，繼而邊轉邊向東南前方伸指頂戳擊出，成扣指掌。左掌在前，掌心朝右，高與胸平；右掌在後，掌心朝左，護於左肘內側，兩臂微屈。眼視東南前方。（圖114、115）

（十三）金猴竊丹　爐火皆平

1、承上勢，身體重心前移至左腿上，胯稍向右旋，上體隨胯轉向正南，右腳隨之由後向前作↗括弧式上步至左腳內側，腳尖點地，腳面繃平，成右丁步。同時兩掌收回在體前變八字掌作抱球式，右掌在上，高與胸平；左掌在下，高與腹平，掌心相對，兩臂環屈。眼平視西南。（圖116）

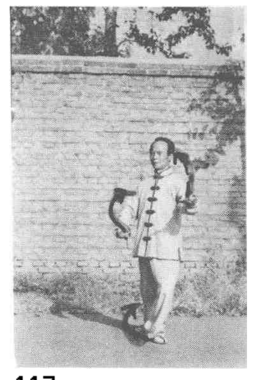


116

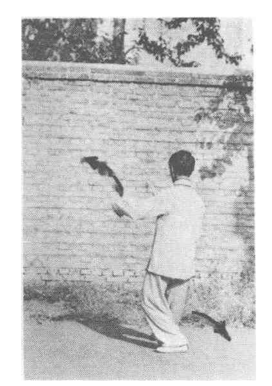
6. Without any pause, hips turn left. Upper body turns with hips. Weight inclines onto left leg to form left bow stance. At the same time, palm rotate, with wrists as pivots, from above in inward-downward directrion to become tiger-claw palms, and then pierce out to southeast, as they rotate, to become thumb-tucking palm; left palm remains in front, facing left at chest level; right palm remains behind, facing left and protecting inner side of left elbow. Arms bend slightly. Look to the southeast. (figs. 114 and 115)

(XIII) Golden Moneky Steals Immortal Pills And Fire in Stove Dies out

1. Continued from preceding movement. Weight shifts forward onto left leg. Hips turn right a bit, and upper body turns to south with hips. Right foot advances from behind to inner side of left foot in shape arc; tiptoe touches groud and instep straightens to form right T stance. At the same time, palms withdraw to become a gesture of "the left hand rule" in front of body to form ball-holding gesture; right palm remains above at chest level, and left palm remains under at abdomen level. Palms face to each other. Arms bend. Look to the southeast. (fig. 116)



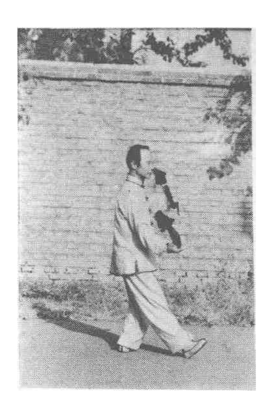
117

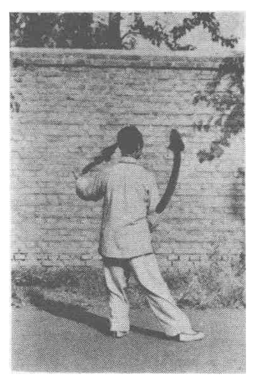


118

2、上動不停，胯向右旋，上體隨胯轉向西南，左脚不動，右脚隨之由左脚內側向後、向西北作↖括弧式上步，脚尖翹起。同時右掌由胸前向右、向後下按至右胯旁，掌心朝下，虎口朝左；左掌隨之內旋，由腹前向左上方斜舉至胸部左側，掌心朝裏，虎口朝上，兩臂微屈。眼平視西南。（圖117）

3、上動不停，胯向右旋，上體隨胯轉向正北，右脚尖外撇，重心移至左腿上，繼之右脚向東作↗括弧式上步，兩腿成右虛步。同時兩掌成環抱式，掌心相對，左掌心朝右，高與胸平；右掌心朝左，高與腹平。眼視東北方。（圖118正、反面，119）



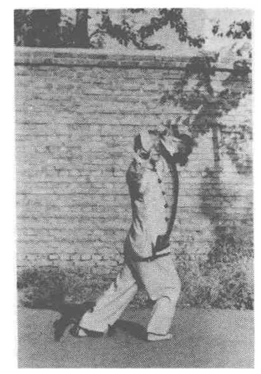


119

2. Without any pause, hips turn right, and upper body turns to southeast with hips. Left foot remains still. Right foot advances from inner side of left foot in backward-northeastern direction in shape arc, with tiptoe tilting upward. At the same time, right palm presses to side of right hip from the front of chest in rightward-backward-downward direction, facing downward, and fork faces left. Left palm rotates inward, and rises obliquely from the front of abdomen to upper left to left side of chest, facing inward, and fork faces upward. Arms bend slightly. Look to the southwest. (fig. 117)

3. Without any pause, hips turn right, and upper body turns to north accordingly. Right tiptoe stretches outward. Weight shifts onto left leg. Right foot advances eastward in shape arc, so that legs form right empty stance. At the same time, palms form ball-holding gesture, facing each other; left palm faces right at chest level; right palm faces left at abdomen level. Look to the northeast. (figs. 118, obverse and reverse sides, and 119)

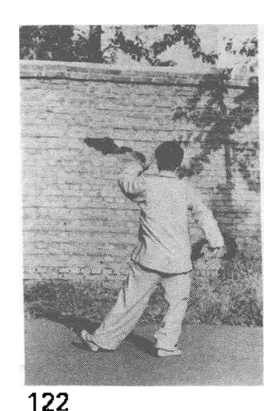

120

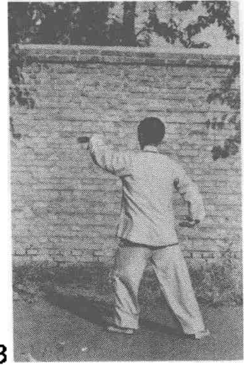

121

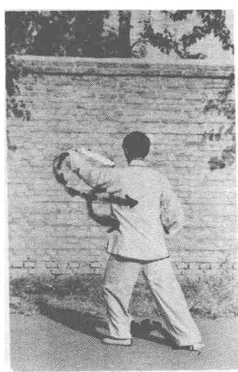
4、上動不停，胯向右旋，上體隨胯轉向正東，身體重心偏移至右腿上，兩腿變成右弓步。同時右掌向東南內旋轉腕上托，高與眉平，掌心斜朝上，虎口朝後；左掌隨之變虎掌至頭頂上方，掌心朝下，虎口朝後，兩臂環屈。眼視右掌。（圖120、121）

（十四）青娥探月　波平浪靜

1、承上勢，胯向左旋，上體隨胯轉向正北，身體重心仍在右腿上，左腳尖翹起外撇。同時左掌由頭頂變扣指掌，向左側方斜劈，隨即以腕爲軸，使拇指由外向裏翻轉上挑成八字掌，高與眉平，掌心朝裏，臂微屈；右掌隨之由東南上方向下、向裏屈肘經胯旁變扣指掌上穿至胸前，掌心朝裏，掌指朝左前方。眼平視正北。（圖122、123、124）


122


123

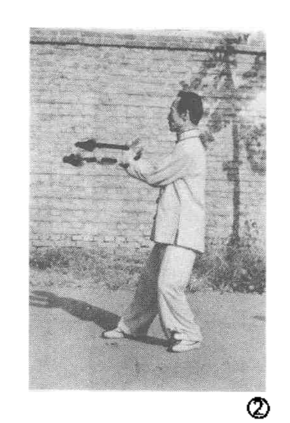

124

4. Without any pause, hips turn right, and upper body turns to east accordingly. Weight inclines onto right leg, so that two legs form right bow stance. At the same time, right palm rotates in southeastern direction, with wrist turning over, and moves upward at eye brow level; right palm faces upward obliquely and fork backward; left palm turns into tiger-claw one, which moves to the above of head, facing downward, and fork faces backward. Arms bend. Look at right palm. (figs. 120 and 121)

(XIV) Green Moth Surveys the Moon And Surging Wave Subside

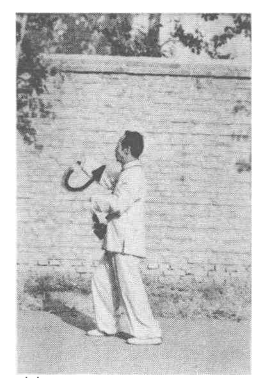
1. Continued from preceding movement. Hips turns left, and upper body turns to north accordingly. Weight still remains on right leg. Left tiptoe tilts upward to stretch outward. At the same time, left palm turns into thumb-tucking palm above head, and hacks obliquely to left side; and then thumb tilts from outside to inside to become a gesture of "the left hand rule" at eye brow level, facing inward; arm bends slightly. Right elbow bends from upper southeast ot lower inside, and right palm becomes thumb-tucking one at side of hip and pierces upward to the front of chest, facing inward; palm tip points to left front. Look to the north (figs. 122, 123 and 124)


125①


②

2、上動不停，左腳繼之外撇，腳尖朝西，身體重心前移至左腿上，胯向左旋，上體隨胯轉向西北，右腳隨之由後向北、向西北作⌒括弧式上步，兩腿成右弓步。同時兩手臂仍成上勢不變，向左斜搬至左胸前，兩掌心均朝裏，兩臂屈如環抱式。眼平視西北。（圖125①、②）

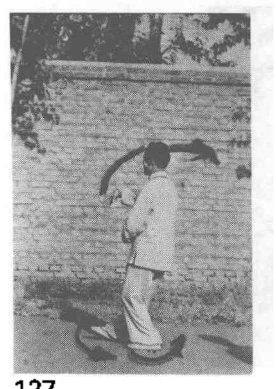
3、上動不停，上體隨胯左旋，再繼之右旋成右弓步。同時兩掌以腕爲軸，向上、向裏、向下翻轉成虎掌，繼而邊轉邊向西北前方伸指頂戳擊出，成扣指掌，右掌在前，掌心朝左，高與胸平；左掌在後，掌心朝右，護於右肘內側，兩臂微屈。眼視右掌前方。（圖126）

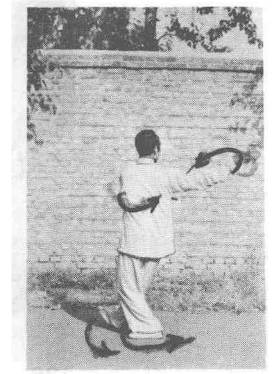


126

2. Without any pause, left foot stretches outward, with tiptoe pointing to west. Weight inclines forward onto left leg. Hips turn left and upper body turns to northwest accordingly. Right foot advances from behind in northern-northwestern direction in shape arc. Legs form right bow stance. At the same time, arms still remain in the previous position, and palms move obliquely to the front of left chest, facing inward. Arms bend to form ball-holding gesture. Look to the northwest. (figs. 125, (1) and (2))

3. Without any pause, upper body turns left with hips, and then turns right to form right bow stance. At the same time, palm rotate, with wrists as pivots, in upward-inward-downward direction, to become tiger-claw palms, and then pierce out to northwest, as they rotate, to form thumb-tucking ones; right palm remains in front, facing left at chest level, and left palm remains behind, facing right and protecting the inner side of right ribs. Arms bend slightly. Look ahead to the right palm. (fig. 126)


127


128

（十五）黑熊反掌　威震森林

1、承上勢，身體重心後移至左腿上，右腳尖翹起稍向外撇，胯向右旋，上體隨胯轉向東北，同時右掌向右、向後上方斜劈不停，繼之以腕爲軸，使拇指由外向裏翻轉上挑成八字掌，高與肩平，掌心朝裏，虎口朝上；左掌仍成上勢不變由體前上舉至胸部左前方，掌心朝裏，兩臂屈如環抱式。眼平視右掌。（圖127、128）

2、上動不停，胯向左旋，右腳尖翹起內扣落步，左腳外撇，上體隨胯轉向正南成開立步，兩腿微屈。同時兩手隨上體左轉成環抱式位於胸前，掌心朝裏，虎口朝上。眼平視正南。（129）

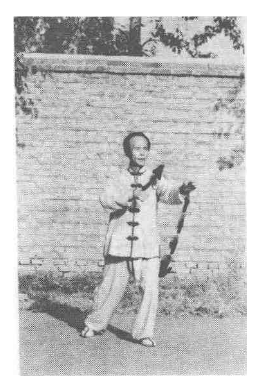


129

(XV) Black Bear Turns over Its Paws Whose Great Power Shakes Forest

1. Continued from preceding movement. Weight shifts backward onto left leg. Right tiptoe tilts upward to stretch outward a bit. Hips turn right, and upper body turns to northeast. At the same time, right palm hacks obliquely to right and upper back, and then right thumb rotates, with wrist as pivot, from outside to inside to form a gesture of "the left hand rule" at shoulder level; right palm faces inward and fork upward. Left palm remains unchanged, and moves upward from the front of body to the left front of chest, facing inward. Arms bend to form ball-holding gesture. Look at right palm. (figs. 127 and 128)

2. Without any pause, hips turn left. Right tiptoe tilts upward, tucks inward and touches ground. Left foot stretches outward. Upper body turns to south win hips. Legs stand with feet shoulder-width apart and bend slightly. At the same time, hands turn left with upper body to form ball-holding gesture in front of chest; palms face inward and fork upward. Look to the south. (fig. 129)



130

3、上動不停，胯向左旋，上體隨胯轉向東南，兩腿變成左弓步。同時兩掌以腕爲軸向上、向裏、向下翻轉成虎掌，繼而邊轉邊向東南前方伸指頂戳擊出，成扣指掌，左掌在前，掌心朝右，高與胸平；右掌在後，掌心朝左，護於左肘內側，兩臂微屈。眼視東南（圖130）

（十六）金蟾得度　醉卧瑤池

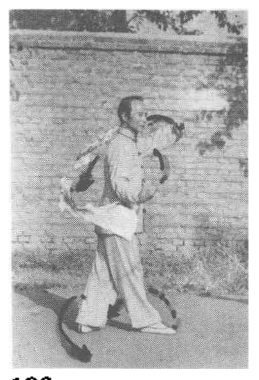
1、承上勢，身體重心後移至右腿上，兩腿變成左虛步，繼之左脚尖翹起。同時左掌下沉至左腹前，掌心朝右、虎口朝前；右掌隨之經左掌上向前屈腕下點，高與胸平，兩掌指均朝前下方。眼平視東南。（圖131）


131

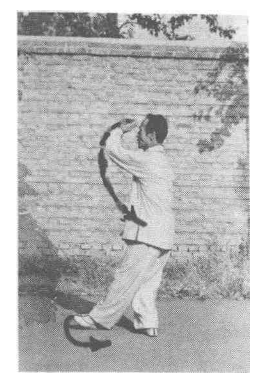
3. Without any pause, hips turn left, and upper body turns to southeast accordingly. Two legs form left bow stance. At the same time, palms rotate, with wrists as pivots, in upward-inward-downward direction to become tiger-claw ones, and then pierce out to southeast, as they rotate, to become thumb-tucking palms; left palm remains in front, facing right at chest level, and right palm remains behind, facing left and protecting inner side of left ribs. Arms bend slightly. Look to the southeast. (fig. 130)

(XVI) Golden Toad Becomes Immortal And Sleeps in Yaochi Lake Drunken

1. Continued from preceding movement. Weight shifts backward onto right leg. Two legs form left empty stance. Left tiptoe tilts upward. At the same time, left palm drops to front of left abdomen, facing rightward and fork faces forward. Right palm points downward, with wrist bending, through above of left palm at chest level. Two palm tips point to lower front. Look to the southeast. (fig. 131)



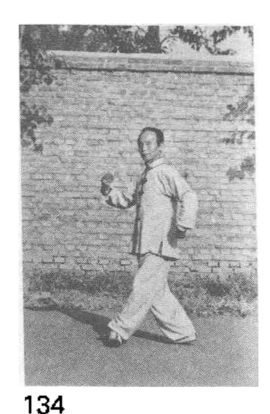
132



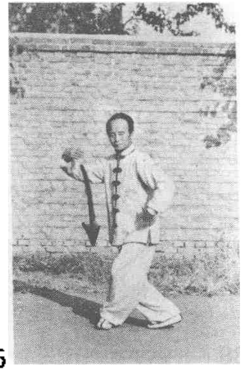
133

2、上動不停，左脚提起向後落步，胯繼之左旋，上體隨胯向左轉，左脚尖隨之外撇向西南，右脚掌隨之碾轉。同時左掌隨身體左轉向上、向左、向後斜劈至額前上方，變虎掌擒拿，掌心朝上，虎口朝右，右掌隨之扣腕位於胸前，高於肩平，掌心朝裏，虎口朝上。眼平視正西。（圖132、133）

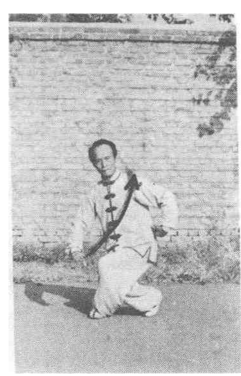
3、上動不停，胯繼之左旋，上體隨胯轉向正南，左脚尖外撇向南，右脚跟隨之離地抬起，身體重心稍向前移，使兩腿交叉屈蹲成歇步。同時左掌繼之由額前向左、向下擒拿至左腰旁，掌心朝後，虎口朝裏；右掌隨之由胸前向右、向下劃弧按至左腿前，掌心朝下，掌指朝前，兩臂環屈。眼視右掌。（圖134、135、136）



134



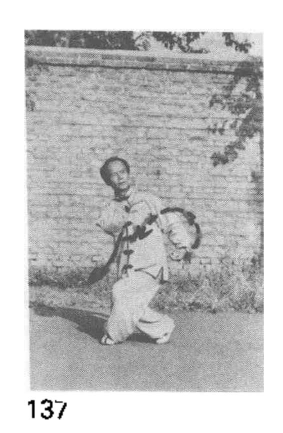
135



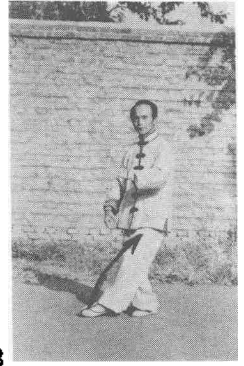
136

2. Without any pause, raise left foot to land backward. Hips turn left, and upper body turns left accordingly. Left tiptoe stretches outward to point to southwest, and right sole grinds accordingly. At the same time, left palm moves to the left with body, and hacks obliquely in upward-leftward backwarde direction to upper front of forehead; left palm turns into tiger-claw one to grapple, facing upward, and fork faces right. Right wrist tucks in front of chest at shoulder level, facing inward, and fork faces upward. Look to the west. (figs. 132 and 133)

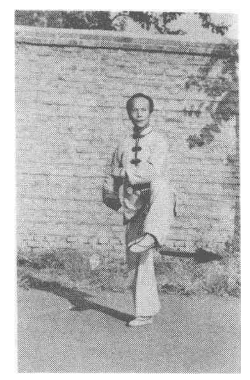
3. Without any pause, hips turn left, and upper body turns to south accordingly. Left tiptoe stretches outward to point to south. Right heel lifts off ground. Weight shifts forward slightly to let legs cross and squat to form cross-legged stance. At the same time, left palm grapples from the front of forehead in leftward-downward direction to side of left waist, facing backward, and fork faces inward. Right palm moves in a curve from the front of chest in rightward-downward direction to the front of left leg, facing downward, and palm tip points forward. Arms bend. Look at right palm. (figs. 134, 135 and 136)



137



138

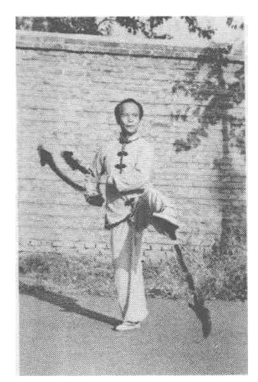


139

（十七）喜鵲登枝　寒立梅蔭

1、承上勢，兩腿伸直站起，胯稍向左旋，上體隨胯轉向東南，身體重心隨之移至右腿上，左腿屈膝提起，腳尖斜朝下內扣，腳面繃平，成獨立步。同時右掌由下經胸前上挑變虎掌向右、向後、向下劃弧擒拿至右胯旁，掌心朝裏，虎口朝前；左掌隨之出左胯旁，向左、向上、向前劃弧下按至右肋前，掌心斜朝下，掌指朝右，兩臂微屈。眼平視東南。（圖137、138、139）

2、上動不停、右腿直立不動，上體和兩手臂仍成上勢不變。左腿向東南前方伸直鏟出，高與胯平，腳外側朝前，腳面繃平，腳尖內勾。眼視東南。（圖140）



140

(XVII) Magpie Perches on Branch To Stand Alone on Winter Plum

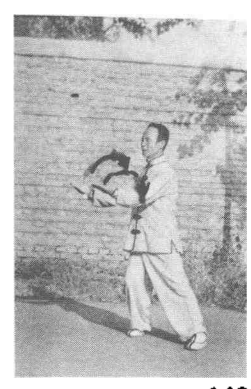
1. Continued from preceding movement. Legs straighten to stand. Hips turn left slightly, and upper body turns to southeast with hips. Weight shifts onto right leg. Raise left knee with tiptoe pointing downward obliquely and tucking inward and instep straightening to form one-legged stance. At the same time, right palm tilts upward from underneath through the front of chest to become tiger-claw palm, which moves in a curve in rightward-backward-downward direction and grapples to side of right hip; palm faces inward and fork forward. Left palm moves in a curve from side of left hip in leftward-upward-forward direction, and presses to the front of right ribs, facing downward obliquely, and palm tip points right. Arms bend slightly. Look ahead to the southeast. (figs. 137, 138 and 139)

2. Without any pause, legs stand still. Upper body and arms remain unchanged. Left leg gives a side outer-edge kick to southeast at hip level; outer side of foot faces forward, and instep straightens, and tiptoe hooks inward. Look to the southeast. (fig. 140)





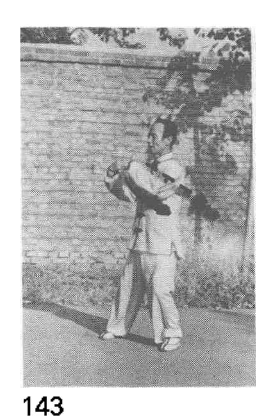
141



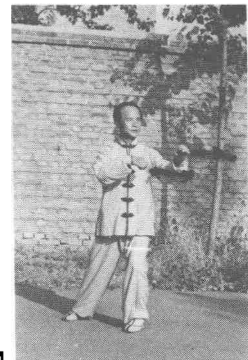
142

3、上動不停，左脚向東南方落步，胯向右旋，上體隨胯右旋轉向西南，重心偏移至右腿上，成右弓步。同時兩掌隨之向西南搬托，高與胸平，掌心朝上，掌指朝前。眼視西南。（圖141、142）

4、上動不停，上體隨胯左旋，再繼之成左弓步。同時兩掌以腕爲軸，向上、向裏、向下翻轉成虎掌，繼而邊轉邊向東南前方伸指頂戳擊出，成扣指掌，左掌在前，掌心朝右，高與胸平；右掌在後，掌心朝左，護於左肘內側，兩臂微屈。眼視左掌前方。（圖143、144、145）



143



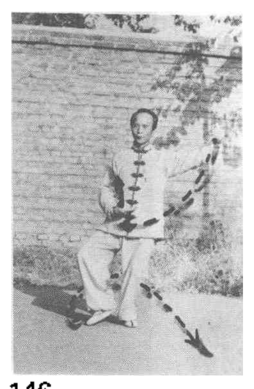
144



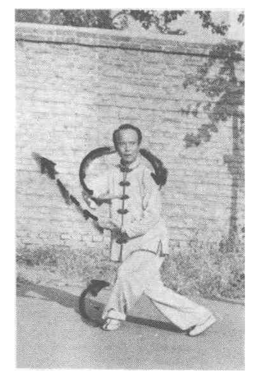
145

3. Without any pause, left foot lands in southeast. Hips turn right, and upper body turns to southwest with right turn of hips. Weight shifts onto right leg to form right bow stance. At the same time, palms move to southwest at chest level, facing upward, and palm tips point forward. Look to the southwest. (figs. 141 and 142)

4. Without any pause, upper body turns left with hips to form left how stance. At the same time, palm rotate, with wrists as pivots, in upward-inward-downward direction to become tiger-claw palms, and then pierce out to southeast, as they rotate, to become thumb-tucking palms; left palm remains in front, facing right at chest level, and right palm remains behind, facing left and protecting inner side of left elbow. Arms bend. Look ahead to the left palm. (figs. 143, 144 and 145)



146

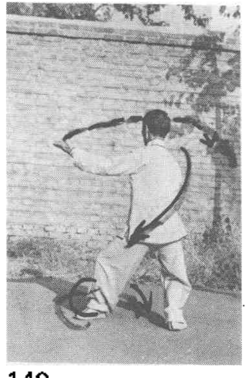


147

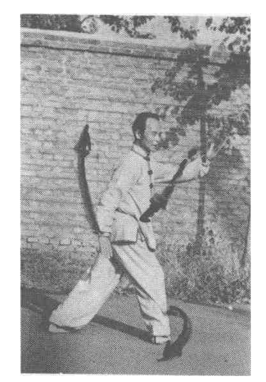
（十八）蒼龍入海　意守心寧

1、承上勢，身體重心前移至左腿上，胯稍向右旋，上體隨胯轉向正南，右脚隨之由後向前作↘括弧式上步至左脚內側，脚尖點地，成右丁步；繼之右脚不停向後、向左作叉步，脚掌點地，兩腿微屈。同時兩掌收回在體前變八字掌作抱球式，右掌在上，高與胸平；左掌在下，高與腹平。掌心相對，兩臂環屈。眼平視正南。（圖146、147）

2、上動不停，胯隨即向右後旋，上體隨胯轉向正東，兩腿變成右弓步。同時右掌由胸前向右、向後、向東南下方劃弧斜砍至右胯旁，掌指朝下，掌心朝西；左掌隨之由腹前向右、向後上托，經左耳旁向東插掌，繼之左臂外旋，掌心朝上，掌指朝前，高與肩平。眼視左掌。（148、149）



148

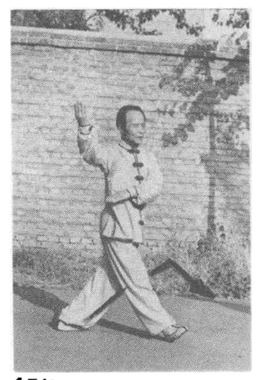


149

(XVIII) Green Dragon Dives into Sea With Peaceful and Concentrated Mind

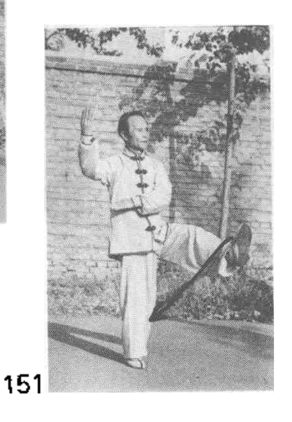
1. Continued from preceding movement. Weight shifts forward onto left leg, hips turn right slightly, and upper body turns to south with hips. Right foot advances from behind to front in shape arc to inner side of left foot, with tiptoe touching ground to form right T stance. Then right foot takes one cross step in backward-leftward direction, with sole touching ground. Two legs bend slightly. At the same time, palms withdraw to the front of body, turn into a gesture of the "left hand role" to form ball-holding gesture; right palm remains above at chest level, and left palm remains under at abdomen level. Palm face to each other. Arms bend. Look ahead to the south. (figs. 146 and 147)

2. Without any pause, hips turn in rightward-backward direction. Upper body turns to east with hips, and two legs form right bow stance. At the same time, right palm moves in a curve to the right, back and lower southeast from the front of chest, and hacks obliquely to the side of right hip; palm tip points downward and palm faces west. Left palm moves upward in rightward-backward direction from the front of abdomen, and thrusts to east through ear side, and then left arm rotates outward, palm faces upward, and palm tip points forward at shoulder level. Look at left palm. (figs. 148 and 149)

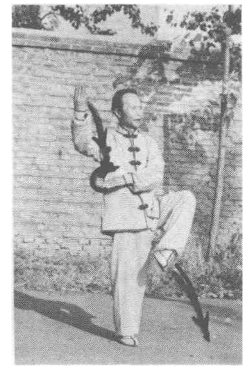




150



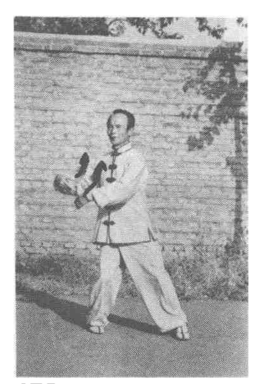
151



152

3、上動不停，右腳尖外撇，胯向右旋，上體隨胯轉向東南，身體重心前移至右腿上，伸直站立，左腿隨之屈膝前提，向東南伸直踹出，力達全腳掌，繼之收回屈膝前提。同時右掌由胯旁向右、向後劃弧，屈臂上提至右耳旁，掌指朝上，掌心朝裏；左掌隨之內旋向右、向下按至右腰旁，掌心朝下，掌指朝右，臂微屈。眼平視東南。（圖150、151、152）

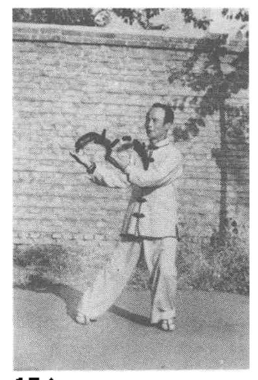
4、上動不停，左腳向東南落步，胯隨之右旋，成右弓步。同時兩掌位於胸前成環抱式，兩掌心朝裏，虎口朝上，高與胸平。眼視西南。（圖153）



153

3. Without any pause, right tiptoe stretches outward. Hips turn right, and upper body turns to southeast with hips. Weight shifts forward onto right leg, which straightens to stand. Left leg bends to lift up to kick out to southeast. Force is applied at whole sole and then left leg withdraws and bends to rise. At the same time, right palm moves in a curve from the side of hip in rightward-backward direction, and right arm bends to rise up to the side of right ear; palm tip points upward and palm faces inward. Left palm rotates inward and presses to side of right waist in rightward-downward direction, facing downward, and palm tip points right. Arms bend slightly. Look ahead to the southeast. (figs. 150, 151 and 152)

4. Without any pause, left foot lands in southeast. Hips turn right to form right bow stance. At the same time, palms remain in front of chest to form ball-holding gesture; palm face inward and forks upward at chest level. Look to the southwest. (fig. 153)

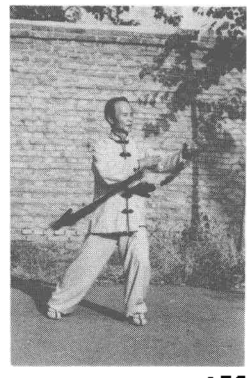




154



155



156

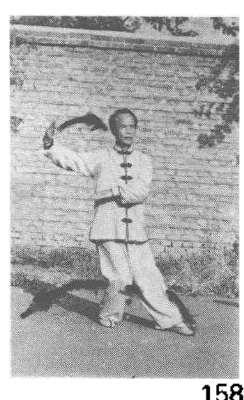
5、上動不停，上體隨胯左旋，成左弓步。同時兩掌以腕爲軸，向上、向裏、向下翻轉成虎掌，繼而邊轉邊向東南前方伸指頂戳擊出，成扣指掌，左掌在前，掌心朝右，高與胸平；右掌在後，掌心朝左，護於左肘內側，兩臂微屈。眼視東南。（圖154、155、156）

（十九）野馬抖鬃　烈性飛騰

1、承上勢，身體重心後移至右腿上，胯稍向右旋，上體隨胯轉向正南，兩腿變成左虛步。同時右掌由左肘內側，向下、向後、向右、向上旋臂畫弧至右肩側，高與耳平，掌心朝外，掌指朝上；左掌隨之由前向右、向後斜插至右肋前，掌心朝下，掌指朝右。眼平視東南。（圖157、158）



157



158

5. Without any pause, upper body turns left with hips to form left bow stance. At the same time, palms rotate, with wrists as pivots, in upward-inward-downward direction, as they rotate, to become thumb-tucking palms; left palm remains in front,facing right at chest level, and right palm remains behind, facing left and protecting inner side of left elbow. Arms bend. Look to the southeast. (figs. 154, 155 and 156)

(XIX) Wild Horse Shakes Manes To Demonstrate Fiery Violence

1. Continued from preceding movement. Weight shifts backward onto right leg. Hips turn right, and upper body turns to south with hips. Legs form left empty stance. At the same time, right palm rotates in a downward-backward-rightward-upward direction and moves in a curve to the side of right shoulder at ear level; palm faces outward and palm tip points upward. Left palm thrusts obliquely in a rightward-backward direction to the front of right ribs, facing downward, and palm tip points right. Look ahead to the southeast. (figs. 157 and 158)



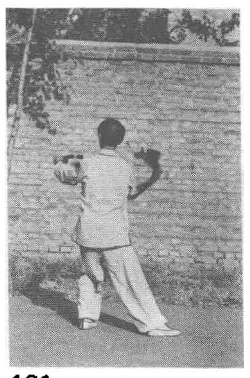
159

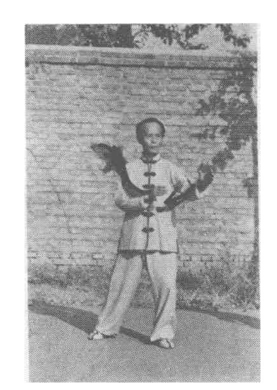


160



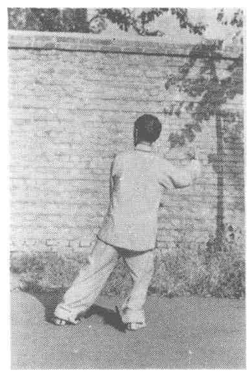
2、上動不停，左脚由東南向西北作↙括弧式退步，身體重心仍在右腿上，上體隨胯轉向西北，身體重心向後偏移至左腿上，兩腿變成左弓步。同時兩手臂仍成上勢，右手掌內旋轉前插至右耳旁，掌心斜朝下，掌指朝前。隨胯及身體左轉西北，繼之兩掌變虎掌，邊轉邊向西北前方伸指頂截擊出，成扣指掌。左掌在前，掌心朝右，高與胸平；右掌在後，掌心朝左，護於左肘內側，兩臂微屈。眼視左掌。（圖159、160正、反面，161正、反面）

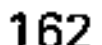




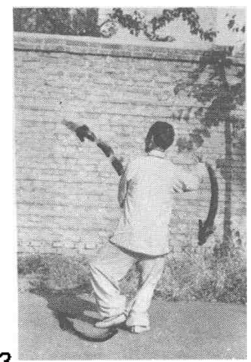
161

2. Without any pause, left foot retreats from southeast to northwest in shape arc. Remain weight on right foot, and upper body turns northwest accordingly. Weight inclines backward onto left leg, and legs form left bow stance. At the same time, arms still remain in the previous position. Right palm rotates inward and thrusts to the side of right ear, facing downward obliquely, and palm tip points forward. Palms become tiger-claw ones. As hips and upper body turn to northwest, palms pierce out to northwest to become thumb-tucking ones. Left palm remains in front, facing right at chest level. Right palm remains behind, facing left and protecting inner side of left elbow. Arms bend slightly. Look at left palm. (figs. 159, 160, obverse and reverse sides, and 161, obverse and reverse sides)

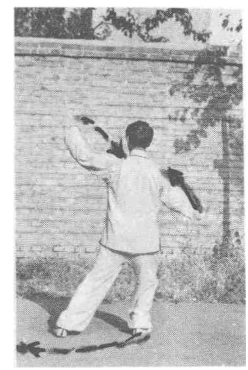




162



163

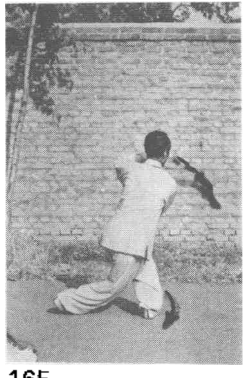


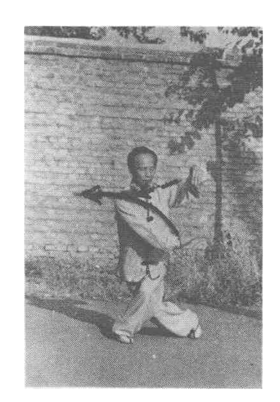
164

（二十）神猿入洞　性歸心田

1、承上勢，身體重心後移至右腿上，繼之左脚由西北向西作↙括弧式退步成左虛步。同時兩掌作環抱式，右掌在上，高與肩平，掌心朝下，虎口朝左；左掌在下，高與腹平，掌心朝上，虎口朝外。繼之兩掌分開，右掌由胸前向右、向下畫弧至右腰旁，掌心朝下，虎口朝左；左掌由腹前向左，向上畫弧旋臂至額左前側，高與頭平，掌心朝下，虎口朝右，兩臂微屈。眼視左手。（圖162、163、164）

2、上動不停，身體重心移至左腿上右脚由東南向西北作↖括弧式退步，兩腿屈膝成大叉步。同時兩掌成環抱式位於身體左前方，左掌在上，高與耳平，掌心朝下，虎口朝右；右掌在下，高與腰平，掌心朝上，虎口朝外，兩臂微屈。眼視右手。（圖165正、反面）



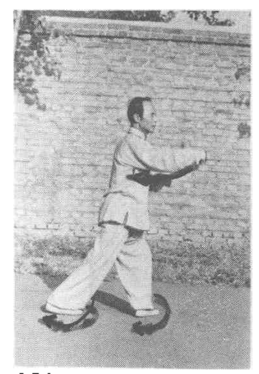


165

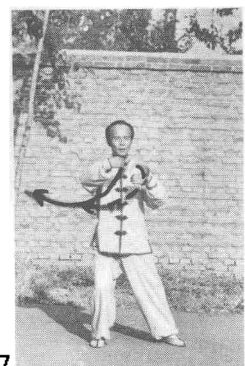
(XX) Immortal Moneky Enters Cave And Peacfully Concentrates Mind

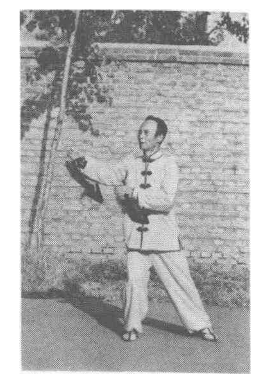
1. Continued from preceding movement. Weight shifts backward onto right leg. Rich foot retreats from northwest to west in shape arc to form empty stance. Palms form ball-holding gesture; right palm remains above at shoulder level, facing downward, and fork faces left; left palm remains under at abdomen level, facing upward, and fork faces outward. Plams move apart. Right palm moves in a curve in rightward-downward direction to the side of right waist, facing downward, and fork faces right. Left palm moves in a curve from front of abdomen in left-upward direction and rotates to the side of left forehead at head level, facing downward, and fork faces right. Arms bend slightly. Look at left hand. (figs. 162, 163 and 164)

2. Without any a pause, weight shifts onto left leg. Right foot retreats from southeast to northwest in shape arc. Two legs bend to form big cross stance. At the same time, palms form ball-holding gesture at left front of body; left palm remains above at ear level, facing downward, and fork faces right; right palm remains under at waist level, palm faces upward and fork outward. Arms bend slightly. Look at left hand. (figs. 165, obverse and reverse sides)


166




167


168

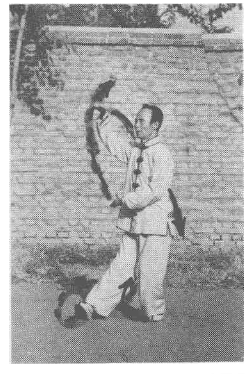
3、上動不停，胯向右後旋，兩脚同時碾轉，身體重心移至左腿上，兩腿成右弓步，上體隨胯轉向西南。同時兩掌隨胯右轉在胸前變虎掌，邊轉邊向西南前方伸指頂戳擊出，成扣指掌。右掌在前，掌心朝左，高與胸平；左掌在後，掌心朝右，護於右肘內側，兩臂微屈。眼視右掌前方。（圖166、167、168、169）

（廿一）彩鳳凌空　百鳥齊鳴

1、承上勢，身體重心後移至左腿上，右脚尖翹起外撇。同時右掌變八字掌，内旋翻腕上提，高與頭平，掌心斜朝外；左掌亦變八字掌，外旋翻腕下落至腹前平托，高與腹平、掌心朝上，虎口朝前，上體仍面朝西南。眼平視西南。（圖170）



169

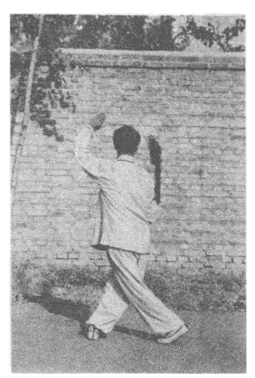


170

3. Without any pause, hips turn to right back. Two feet grind simultaneously. Upper body shifts onto left leg to form right bow stance. Upper body turns to southwest accordingly. At the same time, palms move to the left to turn into tiger-claw one in front of chest, and pierce out to southwest, as they rotate to the left, to become thumb-tucking palms; right palm remains in front, facing left at chest level, and left palm remains behind, facing right and protecting inner side of right ribs. Arms bend slightly. Look ahead to the right palm. (figs. 166, 167, 168 and 169)

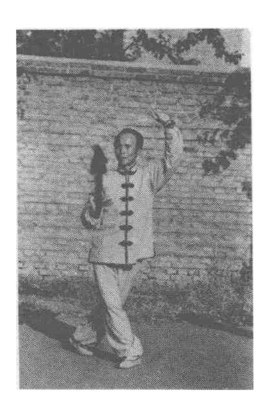
(XXI) Colourful Phoenix Flies High in Sky And Hundred Birds Chirp Together

1. Continued from preceding movement. Weight shifts backward onto left leg. Right tiptoe tilts upward to stretch outward. At the same time, right palm turns into a gesture of "the left hand rule" which rotates inward and rises to head level, facing outward obliquely. Left palm also becomes, which rotates outward, with wrist turning over, to drop to the front of abdomen at abdomen level, facing upward, and fork faces forward. Upper body still faces southwest. Look ahead to the southwest. (fig. 170)

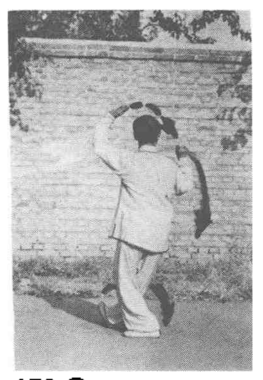


171

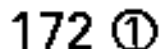
2、上動不停，胯向右旋，上體隨胯轉向西北，右脚尖外撇向西北落步，身體重心向前偏移至右腿上，右腿屈膝，左脚跟隨之離地抬起，兩腿成交叉步。同時右掌變虎掌，由前向右、向下擒拿至右由胸前，掌心朝外，虎口朝左；左掌隨之變虎掌，由腹前向西南前方內旋上托，稍高於頭，掌心斜朝上，虎口朝右，兩臂微屈。眼平視東北。（圖171正、反面）

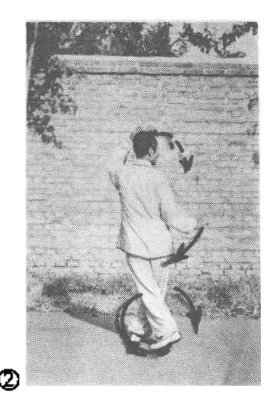


2. Without any pause, hips turn right, and upper body turns to northwest accordingly. Right tiptoe stretches outward and touches ground in northwest. Weight inclines forward onto right leg. Right leg bends, and left heel lifts off ground to form cross stance. At the same time, right palm turns into tiger-claw one, which grapples from the front of face in rightward-downward direction to the front of right chest, facing outward, and fork faces left. Left palm also becomes tiger-claw one, which rotates inward from the front of abdomen to southwest, and rises to a level slightly higher than head, facing upward obliquely, and fork faces right. Arms bend slightly. Look ahead to the northeast. (figs. 171, obverse and reverse sides)

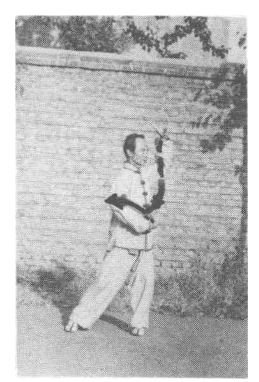


172 ①



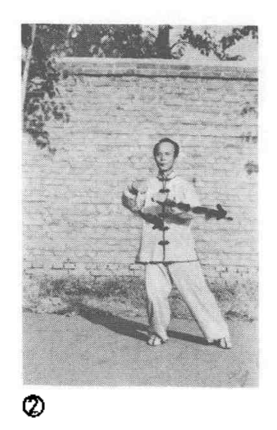


②

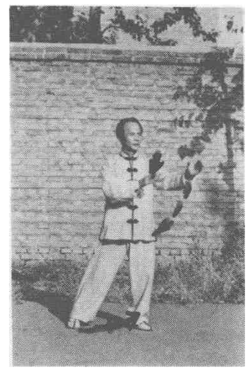


173 ①

3、上動不停，胯繼之右旋，左脚由右腿後向東北作↘括弧式上步，脚尖微向內扣，右脚隨之原地碾轉，上體亦隨胯轉向東北，身體重心偏移至左腿上，兩腿變成左弓步，隨之身體重心移至右腿上，上體隨胯轉向南，繼而上體再隨胯轉向東北，身體重心偏移至左腿上成左弓步。（圖174弓步動作不夠準確，應以文字爲準）。同時左掌下落，與右掌一起於胸前邊轉邊向東北前方伸指頂戳擊出，成扣指掌。左掌在前，掌心朝右，高與胸平；右掌在後，掌心朝左，護於左肘內側，兩臂微屈。眼視左掌。（圖172①、②，173①，②，174）



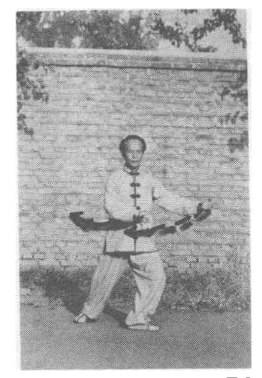
②



174

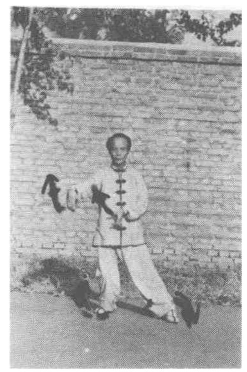
3. Without any pause, hips turn right. Left foot advances from back of right leg to northeast in shape arc; tiptoe tucks inward slightly. Right foot grinds on the spot, and upper body turns to northeast accordingly. Weight inclines onto left leg, and two legs form left bow stance. At the same time, left palm drops and, together with right palm, pierces out to northeast from front of chest to form thumb-tucking palm. Left palm remains in front, facing right at chest level, and right palm remains behind, facing left and protecting inner side of left ribs. Arms bend slightly. Look at left palm. (figs. 172, (1) and (2), 173, (1) and (2), and 174)


175


176

（廿二）伏虎靈台　永守黃庭

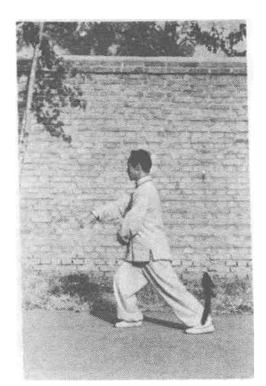
1、承上勢，胯向右旋，上體隨胯轉向正南，右腳收回經左腳內側向西偏北作⌒括弧式退步，左腳隨之原地碾轉，使腳尖朝南，身體重心仍在左腿上，兩腿成橫襠步。同時兩掌分開，變八字掌，向內合抱（如卡物狀）至體前右側，高與腰平，掌心朝後，掌指朝下，虎口相對。眼視正南。（圖175、176、177）



177

(XXII) Subdue Tiger on Fairy State To Defend Taoist Scriptures Eternally

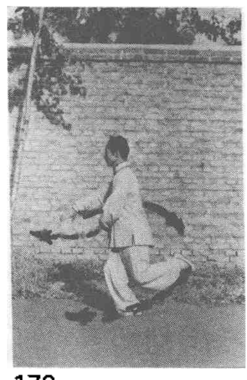
1. Continued from preceding movement. Hips turn right, and upper body turns to south accordingly. Right foot withdraws and retreats through inner side of left foot to northwest in shape arc. Left foot grinds on the spot to let tiptoe point to south. Weight still remains on left leg, and two legs form side bow stance. At the same time, palms move apart to turn into a gesture of "the left hand rule", which form embracing gesture at the right front of body at waist level; palms face backward, palm tips point downward, and forks face to each other. Look ahead to the south. (figs. 175, 176 and 177)



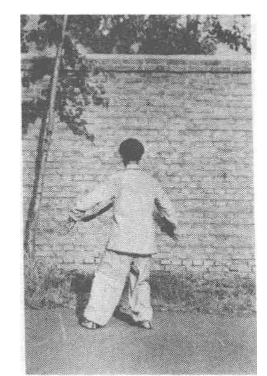
178

2、上動不停，右脚尖外撇，胯繼之右旋向後，上體隨胯轉向正西，身體重心偏移至右腿上，膝微屈，左腿隨之自然伸直在後，成右弓步。同時兩掌內旋，向右、向後搬按，高與腰平，掌心朝後，掌指朝下，虎口相對。眼視兩掌前下方（圖178）

3、上動不停，胯繼之右旋，上體隨胯轉向正北，右脚尖隨之外撇向北，左脚屈膝抬起隨之向西作╲括弧式上步，與右脚平行站立，與肩同寬，兩腿微蹲，成開立步。同時兩掌由體前向兩側分開斜垂，高與胯平，掌心朝後，掌指朝下，兩臂微屈。眼平視正北。（圖179、180）



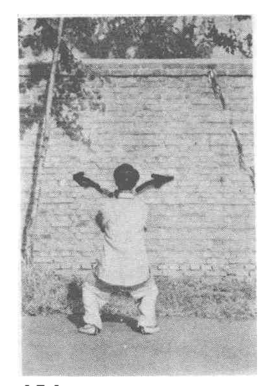
179



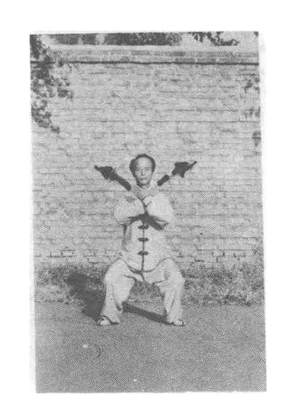
180

2. Without any pause, right tip stretches outward. Following right turn of hips, upper body turns to west. Weight inclines onto right leg, which bends slightly. Left leg straightens naturally to form right bow stance. At the same time, palms rotate inward, and move to the right and backward at waist level, facing backward, and palm tips point downward; forks face each other. Look to lower front of palms. (fig. 178)

3. Without any pause, hips turn right, and upper body turns to north accordingly. Right tiptoe stretches outward to point to north. Left foot advances to west in shape arc to stand in parallel with right foot at shoulder width. Two legs squat slightly to stand with feet shoulder width apart. At the same time, palms move apart from the front of body and drop obilquely at hip level; palms face backward and palm tips point downward. Arms bend slightly. Look to the north. (figs. 179 and 180)



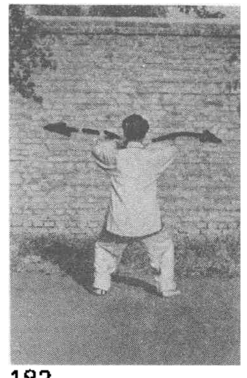
181

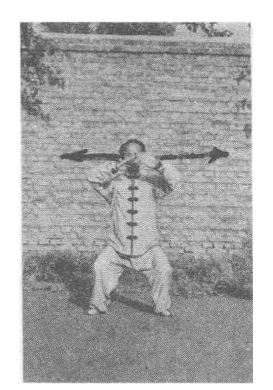


（廿三）抱元守一　正氣長存

1、承上勢，兩腿半蹲成馬步，上體隨之下沉，同時兩掌由體側外旋，向下經腹前上穿至胸前交叉成十字掌，左掌在外，右掌在內，掌心均朝裏。頭隨之微向後仰。眼視正北。（圖181正、反面）

2、上動不停，步型不變，兩肘上托，高與平肩平，兩掌內旋，掌心朝前，掌指相對、高與眉平，位於面前部前分開，兩臂環屈。頭正身直，眼仍平視正北。（圖182正、反面）



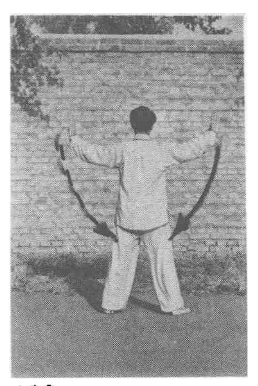


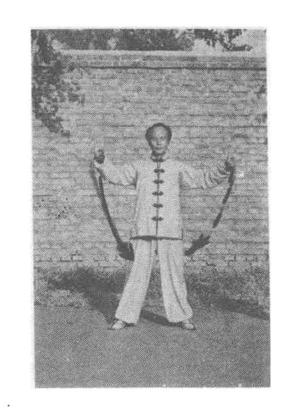
182

(XXIII) Preserve Vigour and Vital Energy Forever

1. Continued from preceding movement. Two legs squat half to form horse stance. Upper body goes downward accordingly. At the same time, two palms rotate outward from sides of body, and pierce upward through front of abdomen to front of chest, where palms forms a cross; left palm remains outside, and right palm inside, facing inward. Head inclines backward a bit. Look ahead to the north. (figs. 181, obverse and reverse sides)

2. Without any pause, stance remains unchanged. Two elbows move upward to shoulder level. Two palms rotate outward, facing outward, palm tips point to each other at brow level. They move apart in front of face. Arms bend. Head and upper body keep upright. Look ahead to the north. (figs. 182, obverse and reverse sides)





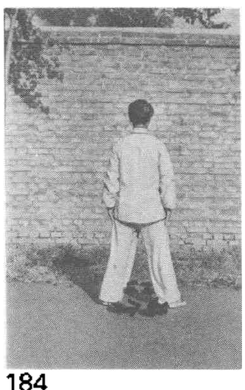
183

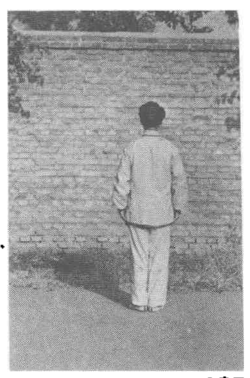
3、上動不停，兩腿站起，膝部微屈。同時兩掌向兩側分開下落至兩胯旁，還原成預備勢。（圖183正、反面，184）

收勢：動靜結合　反轉乾坤

1、承上勢，兩脚跟內轉貼靠，繼之兩脚尖內扣並攏，兩腿還原成並步式。（圖185）

2、繼練第二遍時，即由廿三勢“抱元守一、正氣長存”中之第③節開始，由北起勢，最後至南還原收勢。動作皆爲反勢。


184


185

3. Without any pause, two legs stand, with knees bending slightly. At the same time, palms move apart to both sides and drop to the sides of hips. Then ready position is restored. (figs. 183, obverse and reverse sides, and 184)

Finishing position: Movements and Still Stances Combine
To Reverse the Universe

1. Continued from preceding movement. Two heels turn inward to get close to each other. Then tiptoes tuck inward so that feet come together. Feet-together position is restored (fig. 185)

2. When the second round of exercise begins, practitioners should start from the third section of (XXIII) "Preserve Vigour and Vital Energy Forever." They should get started by facing north and return to the finishing position by facing south. All movements are in reverse sequence.



Wudang Boxing has its own unique style. It is a boxing for cultivating *qi* and toughening health, and as well for self-defense. The movements of the Boxing emphasize mainly on mind instead of strength, and are slow, smooth, and good at fending off attacking force, not for confrontation. The Boxing requires mutual supplement of mind and breath and harmony of movements and pause. It is the most complete set of Wudang Boxing well preserved.

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